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The Move-In Deep Clean Checklist

Twenty-five tasks, room by room, day by day — clean first, then unpack into a home that is already yours.

A rental can look clean on viewing day and still hold the last tenant in its cupboards and fridge seals. Work this list before the boxes open: storage insides and the kitchen and bathroom first, details midweek, floors last. One small kit does it all — washing-up liquid, bicarbonate of soda, vinegar, microfibre cloths and a non-scratch sponge. Never mix products. — Sarah

Before you unpack — days 1 to 2

☐ 1. Air the whole apartment — Open every window and door for at least an hour before cleaning anything.

☐ 2. Dust high — Ceiling corners, vents and light fittings, top down, one pass per room.

☐ 3. Wipe the high-touch points — Light switches, door handles, intercom — cloth wrung almost dry.

☐ 4. Wipe inside kitchen cupboards and drawers — Vacuum crumbs first; liner paper only once shelves are fully dry.

☐ 5. Wipe inside wardrobes and bedroom drawers — Leave doors open to air; store nothing in a musty wardrobe yet.

Kitchen — day 1

☐ 6. Clean the fridge inside and out — Wash shelves and drawers; wipe seals and handles; chill before food goes in.

☐ 7. Degrease oven, hob and extractor hood — Soak grates and filter; bicarbonate paste on the oven, 20 minutes, then scrub.

☐ 8. Scrub sink, taps and under-sink cabinet — Let a damp cabinet floor dry fully before organising it.

☐ 9. Wipe counters, backsplash and cupboard fronts — The strip beside the hob needs a second pass — oil mist travels.

☐ 10. Clean the dishwasher filter and run it empty — Rinse the filter grit away, then the hottest empty cycle.

Bathroom — day 2

☐ 11. Deep clean the toilet — Bowl, seat and hinges, base, then the floor behind it — in that order.

☐ 12. Scrub shower or bath, tiles and grout — Warm soapy water and a brush; rinse as carefully as you scrub.

☐ 13. Shine sink, mirror and taps — Buff the mirror dry — water spots make a clean room look uncleaned.

☐ 14. Wipe bathroom cabinet, shelves and fan vent — Brush dust from the fan cover; note a silent or rattling fan.

☐ 15. Clean the washing machine — Detergent drawer, door seal fold by fold, then a hot empty wash.

Living rooms, bedrooms and details — days 3 to 4

☐ 16. Clean windows inside, sills and tracks — Inside glass only; vacuum and wipe the tracks. Never lean out.

☐ 17. Wipe skirting boards, radiators and door frames — One cloth load per room; radiators cold and off.

☐ 18. Vacuum carpet edges and spot-clean marks — Blot, never rub; test on a hidden 10 × 10 cm patch first.

☐ 19. Clean the entryway floor and front door — Both sides of the door; plan the shoe drop zone now.

☐ 20. Sweep and wash the balcony or patio — Floor and rail before furniture goes out. No balcony? Redo window tracks.

Floors and the finish — days 5 to 7

☐ 21. Vacuum every floor slowly — Open floor, edges, under radiators — before the furniture lands.

☐ 22. Mop hard floors from the far corner — Well-wrung flat mop; laminate dislikes standing water.

☐ 23. Wash the bins inside and out, then line them — Air-dry fully; most under-sink bins take 20 to 30 litre liners.

☐ 24. Wash bedding, towels and cushion covers — Fresh textiles complete the reset — at most three loads.

☐ 25. Final room-by-room walk with one damp cloth — Day seven: catch the week's misses, then stop. Note bigger jobs for the monthly list.

Keep the sheet on the fridge until day seven. Tick each task off as you go; anything bigger than a wipe gets noted here, not started: 1. _____ 2. _____
The full guide with timings, costs and renter notes: Moving Into a Rental: The First-Week Deep Clean Checklist at therentershome.com

Keep it clean with the weekly Sunday Reset — the printable is in the Free Renter Printables hub.