

FALL DECLUTTERING Checklist

Declutter your home, one room at a time.
Keep what you love. Let go of the rest. ♡

THE DECLUTTERING FRAMEWORK: KEEP, DONATE, SELL, TOSS, RECYCLE



KEEP

You use it, need it,
or genuinely want it.

Back where it
belongs, ideally
with a home it
didn't have before.



DONATE / SELL

Still usable, but
you don't need
or want it.

Local donation
center, consignment
shop, or online
marketplace.



RECYCLE

Paper, cardboard,
some electronics,
some plastics.

Curbside recycling
or a designated
drop-off (electronics
often need a
specific one).



HAZARDOUS / SPECIAL

Paint, chemicals,
batteries, old meds,
appliances with
refrigerant.

Local household
hazardous waste
program or take-back
program—never
regular trash.



TOSS

Broken, expired,
or too worn
to donate.

Regular trash,
or a larger disposal
option if volume
is high.

ROOM-BY-ROOM DECLUTTERING CHECKLIST



BEDROOM (CLOSET & CLOTHING)

- ☐ Sort all clothing by category and use the hanger flip test
- ☐ Separate worn/damaged items from those you no longer wear
- ☐ Clear out shoes, bags, belts, and accessories
- ☐ Edit drawers and nightstands
- ☐ Wash seasonal items before storing



BATHROOM

- ☐ Check expiration dates on all products
- ☐ Get rid of empty or nearly empty items
- ☐ Declutter under the sink and medicine cabinet
- ☐ Remove items you don't use or like
- ☐ Toss worn towels and washcloths



KITCHEN

- ☐ Check expiration dates on pantry items
- ☐ Remove duplicates or single-use gadgets
- ☐ Declutter pots, pans, lids, and bakeware
- ☐ Edit food storage containers and water bottles
- ☐ Clear out the fridge and freezer



LIVING / FAMILY ROOM

- ☐ Sort magazines, books, and decor
- ☐ Declutter media, games, and electronics
- ☐ Go through throw pillows, blankets, and baskets
- ☐ Check furniture for items hiding underneath
- ☐ Remove duplicates and excess



HOME OFFICE

- ☐ Declutter paperwork and old files
- ☐ Sort digital files and delete duplicates
- ☐ Remove items you no longer use
- ☐ Organize cables, chargers, and supplies
- ☐ Shred sensitive documents securely



KIDS' ROOM / PLAYROOM

- ☐ Sort toys by category
- ☐ Remove broken toys and missing pieces
- ☐ Go through books and rotate favorites
- ☐ Declutter art supplies and craft items
- ☐ Clear out clothes they've outgrown



GARAGE

- ☐ Sort tools, supplies, and equipment
- ☐ Get rid of broken or unused items
- ☐ Check storage bins and seasonal items
- ☐ Organize shelves and work areas
- ☐ Sweep out and reclaim your floor space



ATTIC

- ☐ Sort through boxes and stored items
- ☐ Check for moisture, mold, or pests
- ☐ Remove items you no longer need
- ☐ Keep only what adds real value
- ☐ Repack and label what you keep



BASEMENT

- ☐ Sort by category (storage, hobbies, holiday decor, etc.)
- ☐ Check for moisture or water issues
- ☐ Remove items you no longer need
- ☐ Organize storage bins and shelves
- ☐ Clear a safe, accessible walkway



PAPERWORK (ANY ROOM)

- ☐ Sort into keep, shred, or recycle
- ☐ Set up a simple filing system
- ☐ Digitize important documents
- ☐ Shred sensitive documents
- ☐ Recycle what you don't need



BEGINNER TIP:

For sentimental items, give yourself one physical box per category (photos, kids' artwork, mementos) and a hard limit. When the box is full, something has to come out before something new goes in.



**DUMPSTER
LOCATE**

Big cleanout? A dumpster can make it easier.
DumpsterLocate.com

