

Deep cleaning checklist: room by room, printable

Short answer: A deep clean is a regular clean plus the detail work that builds up over months: baseboards, doors and door frames, ceiling fans, vents, blinds, window sills and tracks, cabinet fronts, the inside of the microwave and oven, and soap scum and grout in the shower. Work room by room, top to bottom, and clean surfaces before you disinfect them. The checklist below marks which tasks a Wrenly Home deep clean covers and which it doesn't.

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Before you start

Pick up clutter, toys, clothes and dishes first, so every surface and floor can actually be reached.

Open windows or run the bathroom fan while you clean, and read the label of every product before you use it.

Never mix cleaning products, especially bleach with ammonia or acids; use one product, rinse, then the next.

Work top to bottom (fans and vents, then counters and furniture, then baseboards, then floors) so dust falls onto areas you haven't cleaned yet.

Clean first, then disinfect only where it matters (bathrooms, kitchen counters, high-touch spots): dirt left on a surface makes disinfectant work less well.

Supplies

All-purpose cleaner, Glass cleaner, Bathroom cleaner or an EPA-registered disinfectant, Degreaser or baking soda paste for the oven, Microfiber cloths, Non-scratch scrub sponges, Grout or detail brush, Duster with an extension handle, Vacuum with crevice and brush tools, Mop and bucket, Two-step stool, Rubber gloves.

Every unmarked task is part of a Wrenly Home deep clean. Marked tasks: Not in a Wrenly deep clean

Move-out clean only

On request

Kitchen

- ☐ Dust the top of the fridge and cabinets, light fixtures and the range hood
- ☐ Degrease the outside of the range hood, the stovetop, burner grates or drip pans and knobs

- ☐ Clean the inside of the oven and the racks On request
- ☐ Clean the inside and outside of the microwave, including the turntable
- ☐ Wipe the outside of the fridge, dishwasher and other appliances, including handles
- ☐ Wipe all cabinet fronts and handles, top to bottom
- ☐ Empty and wipe the inside of the fridge, freezer, cabinets and drawers Move-out clean only
- ☐ Scrub the sink, faucet and drain area; wipe the backsplash and counters
- ☐ Wipe light switches, outlet covers and door handles
- ☐ Wipe baseboards and the toe-kicks under the cabinets
- ☐ Vacuum, then mop the floor, including corners and edges

Bathrooms

- ☐ Dust the exhaust fan cover, vents and light fixtures
- ☐ Scrub soap scum and hard-water spots off the tub, shower walls, glass door and fixtures
- ☐ Scrub the grout lines in the shower and on the floor
- ☐ Clean the toilet inside and out, including the base, behind it and the hinges
- ☐ Clean the sink, faucet, counter and mirror
- ☐ Wipe the outside of the vanity, cabinet fronts, towel bars and toilet paper holder
- ☐ Wipe the inside of the medicine cabinet and vanity drawers Move-out clean only
- ☐ Disinfect high-touch surfaces after cleaning: faucet handles, flush handle, toilet seat, light switches and door handles, leaving the product wet for the label's contact time
- ☐ Wipe the door, door frame and baseboards
- ☐ Vacuum, then mop the floor, getting into the corners and around the toilet

Bedrooms

- ☐ Dust the ceiling fan blades and light fixtures
- ☐ Dust or wipe blinds; wipe window sills and vacuum the window tracks
- ☐ Wash the inside of the window glass Not in a Wrenly deep clean
- ☐ Dust reachable surfaces: dressers, nightstands, headboard, shelves, lamps and frames
- ☐ Wipe doors, door frames, light switches and baseboards; dust the vents
- ☐ Make the bed (or change the linens if fresh ones are left out)
- ☐ Wash bedding, mattress pads and pillows; vacuum or flip the mattress Not in a Wrenly deep clean

- ☐ Empty and wipe closet shelves and drawers Move-out clean only
- ☐ Vacuum carpets and rugs, including edges and under the bed where reachable; vacuum then mop hard floors

Living room, dining room and hallways

- ☐ Dust the ceiling fans, light fixtures and the tops of door and window frames
- ☐ Dust or wipe blinds; wipe window sills and vacuum the window tracks
- ☐ Dust shelves, TV stand, electronics (dry cloth only), picture frames and decor
- ☐ Vacuum sofa and chair cushions and under them
- ☐ Move heavy furniture to clean behind and under it Not in a Wrenly deep clean
- ☐ Wipe doors, door frames, light switches, outlet covers and stair railings
- ☐ Wipe baseboards and dust the vents and returns
- ☐ Vacuum carpets, rugs and stairs; vacuum then mop hard floors

Laundry room, entry and the rest

- ☐ Wipe the outside of the washer and dryer and clean the lint trap
- ☐ Wipe the front door, door hardware and the inside of the storm door
- ☐ Wipe the entry floor and mats; in winter, wipe road-salt residue off hard floors
- ☐ Empty every trash and recycling bin and take it out to your bins
- ☐ Laundry, folding and organizing closets or the basement Not in a Wrenly deep clean
- ☐ Exterior windows, gutters, the garage, deck or patio Not in a Wrenly deep clean

After the deep clean

Walk each room with the list and check the spots that are easy to miss: the tops of door frames, fan blades, behind the toilet and the toe-kicks.

Wash your hands with soap and water after using disinfectant, and store products out of reach of children and pets.

Keep it up with a regular clean every week, every two weeks or every month; the recurring checklist shows what to do at each interval.

Questions

What is the difference between cleaning and disinfecting?

Cleaning removes dirt, germs and other impurities with soap or detergent and scrubbing; disinfecting uses chemicals to kill viruses and bacteria that are left on a surface. The CDC says to clean surfaces before you sanitize or disinfect them, because dirt can make it harder for the chemicals to reach and kill germs, and that disinfecting at home is mostly needed when someone is sick or at higher risk of getting sick.^{[1][2]}

How long should disinfectant sit on a surface?

As long as the product label says. That is the contact time: how long the surface must stay wet for the product to work. It differs from product to product, so read the directions on the label rather than spraying and wiping right away.^{[1][2]}

How often should I deep clean my house?

There's no official rule. Many households do it once or twice a year (for example in spring and before the holidays or the heating season), when moving in, or as the first visit before starting regular cleaning. Homes with pets, kids or allergies may need it more often.

What's not in a Wrenly Home deep clean?

The tasks marked on this list: the insides of the fridge, cabinets and drawers (those are in a move-out clean), inside window glass, exterior windows, laundry and bedding, moving heavy furniture, organizing, garages and decks, mold remediation, pests or biohazards, and anything that needs a ladder taller than a two-step stool. The inside of the oven is cleaned on request.

Can someone do this for me in the Peoria area?

Yes. Wrenly Home does one-time deep cleans in Peoria, Peoria Heights, Dunlap, Morton, Washington, Germantown Hills, East Peoria, Chillicothe and Pekin. See deep cleaning prices or the full price list.

Sources

1. U.S. Centers for Disease Control and Prevention (CDC), "When and How to Clean and Disinfect Your Home" (page dated January 31, 2025). <https://www.cdc.gov/hygiene/about/when-and-how-to-clean-and-disinfect-your-home.html>. Accessed 2026-10-22.
2. U.S. Environmental Protection Agency (EPA), "What's the difference between products that disinfect, sanitize, and clean surfaces?". <https://www.epa.gov/coronavirus/whats-difference-between-products-disinfect-sanitize-and-clean-surfaces>. Accessed 2026-10-22.

You may print, copy and share this checklist for free as long as you keep the Wrenly Home name on it. Please link to <https://wrenlyhome.com/deep-cleaning-checklist/>.

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