

4 WEEK GUIDE TO
Spring Cleaning

Spring Clean Week 1:

CLOTHES

- Take any dry clean-only garments to the cleaners
- Wash coats and all snow gear before storing for the season
- Go through your winter wardrobe using the declutter guide
- Items to be saved for hand-me-downs - label and properly store in a cool and dry place
- Take unwanted items to donate
- Inventory your spring/summer wardrobe and make a list of items needed



Spring Clean Week 2:

DEEP CLEAN



- Wipe down the baseboards
- Dust ceiling fans
- Wipe down the fridge
- Clean the oven
- Dust tops of cabinets
- Clean garbage disposal
- Vacuum under couch cushions
- Wash throw blankets
- Flip/rotate mattress
- Clean washing machine
- Clean out dryer vent
- Change air filters
- Vacuum & wipe down car

Spring Clean Week 3:

OUTDOORS

- Wash windows
- Power wash exterior surfaces
- Clean and prune landscaping
- Spring planting
- Change out front porch decor
- Set up outdoor furniture
- Clean grill and check propane levels
- Hook up garden hoses



Spring Clean Week 4:

GARAGE

- Reset storage systems
- Stow away winter tools/gear
- Perform bicycle maintenance
- Sort through kids outdoor toys & gear
- Donate, sell, or dispose of items no longer needed/wanted
- Wipe down cabinets/shelves/bins
- Check lawn equipment
- Sweep and rinse floors



Declutter Guide: *Clothing*

Is it in **GOOD** condition?

(free from rips, holes, stains, fading or missing buttons)

NO

Does it fit?

Is it comfortable?

Does it fit your lifestyle?

Do you feel **GREAT** in it?

Do you currently use it?

Is it sentimental or for special events only?

YES

Keep

Store

Donate

If you are planning to get pregnant, enter the workforce, run a marathon, or hit the club scene on weekends in the next 2-3 years, associated items can be stored for future use.

Spring

CASUAL CAPSULE WARDROBE

31 Mix and match 31 everyday items including tops, bottoms, and shoes for a seasonal wardrobe.



3 Basic Neutral Short-Sleeve Tees



3 Basic Neutral Long-Sleeve Tees



2 Color/Pattern Tees



Blouse



Button-Front Shirt



Sweater, Wrap, & Hoodie



Denim Jacket & Casual Jacket



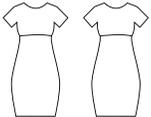
3 Shorts



3 Denim (light, dark, & color)



2 Casual Pants (leggings or joggers)



2 Dresses (tee-shirt and black)



2 Sandals



Casual Slip-On



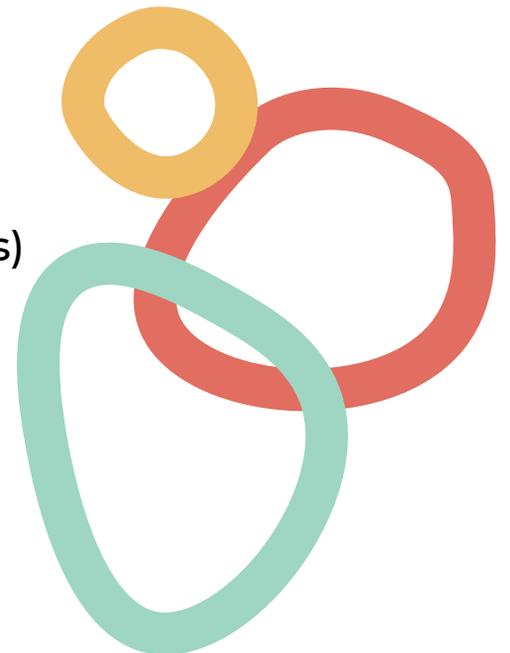
Sneakers



Flats



Bootie





Spring Refresh

KIDS GUIDE

Prepare your family for the fall and winter seasons! Use this checklist to go through your children's wardrobe and gear to check for sizing and condition. Then plan purchases to make sure they are ready for the falling temps ahead.

ESSENTIALS

Tops & Bottoms (5-10 each)

Light Jacket

Pajamas (3-5 Sets)

Swimsuit (1-2)

Sneakers

Socks & Underwear

Sweatshirt

Rain Gear

Pool Shoes

Sandals

EXTRAS

Bike

Hat

Swim Aids

Sunscreen

Bike Helmet

Sports Equipment

Sunglasses

Bug Spray

DIY Cleaning

Products

Essential Oils to try:

Lemongrass

Tea Tree

Eucalyptus

Lavender

Dusting Spray

1 c water

1/4 c white vinegar

2 Tbsp olive oil

10-15 drops essential oil

All-Purpose Cleaner

2 c distilled water

2 Tbsp castile soap

squirt of dish soap

15 drops essential oil

Garbage Disposal Bombs

2 c baking soda
1 c salt
1/2 c water
1/3 c castile soap
30 drops lemon essential oil

Combine to thick paste (add water as needed)
Scoop packed spoonfuls onto parchment paper
Let dry overnight
Drop 1-2 in disposal and run with
warm water 10-15 seconds
Store in airtight container

Oven Cleaner

1/2 c water
1 Tbsp castile soap
1/4-1/2 c baking soda

Mix ingredients to a paste and spread over oven
with a sponge
Let sit for 15-30 minutes
Wipe clean with warm water