

A large teal circle with a white border, centered on the page. It contains the title text in white. The background features horizontal stripes of blue and white.

The BATHROOM DEEP CLEANING Checklist

get your bathroom totally clean.



Instructions

HEY THERE!

Welcome to the Bathroom Deep Cleaning Checklist! You can find detailed deep cleaning checklists for your whole home, and for other specific rooms, in the ShowMe Suburban [resource library](#). **You should use the whole-home deep cleaning checklist in the resource library to do a baseline deep clean of your bathroom before completing the bathroom-specific tasks on this this checklist.**

DON'T BE INTIMIDATED BY DEEP CLEANING

You can deep clean your house, no matter how busy you are! In fact, my checklist was designed with working women in mind (Although it works great for any busy woman!).

I work 60+ hours per week at my day job, so I know where you're coming from. I understand that it's hard to find the time, motivation, and steps to deep clean, or keep your house clean to begin with. As a result, I've broken the deep-cleaning process down into bite-sized chunks that you can complete one at a time, as your schedule allows.

THE PERFECT PLAN FOR YOU

You've probably heard that cleaning top-to-bottom is the most efficient method. This checklist is ordered from the tippy-top to the bottom of each room. As a result, you'll clean more efficiently and minimize re-cleaning areas you've already done.

The tasks on my deep cleaning checklist are also ordered in a way that makes sense. Because of this, you can move methodically through deep cleaning your home.

HOW TO COMPLETE THE DEEP CLEANING CHECKLIST

There are a few different ways to go about completing the deep cleaning checklist.

Do It All At Once

If you have the time, energy, and endurance to complete the entire deep cleaning checklist at once, go for it.

Do It In Bite-Sized Chunks

- If you aren't able to complete the entire deep cleaning checklist in one day, Find 10-45 minutes each day to complete one or two tasks from the checklist.
- Some tasks will take just a few minutes, some may take close to an hour. It depends on the size and features of your home, how clean it already is, and how quickly you work.

Do It Room by Room

- My deep cleaning checklist is broken up into several parts. This portion covers tasks that you should do in your bathroom.
- You could do the whole home tasks for your entire home first, before you move on to the room-specific deep cleaning checklists. Or, you could complete the whole-home tasks in the bathroom, then complete this checklist. It's up to you.

— Bathroom Deep Cleaning Checklist —

The order of the bathroom deep cleaning checklist below is designed to help you clean methodically and efficiently, from top to bottom. You can skip anything that doesn't apply to your home, and add any other tasks you'd like to complete. For more information, check out my full post on [how to deep clean your bathroom](#).

A QUICK REMINDER

Whether you're deep cleaning your whole home at once, or working room-by-room, remember to check the [ShowMe Suburban Resource Library](#) for deep cleaning checklists for each room in your home. Check your latest email from amy@showmesuburban.com for the password.

Happy cleaning!

DEEP CLEANING TASKS FOR THE BATHROOM

- ☐ Remove all items from storage areas (Vanity cabinet, drawers, medicine cabinet, shelves, etagere, etc) and dust/wipe down
- ☐ De-scale under-sink plumbing
- ☐ Clean backsplash
- ☐ Clean crevices between wall, backsplash, counter
- ☐ De-scale sink faucet
- ☐ Clean countertop
- ☐ Clean sink
- ☐ Wipe down outside of toilet
- ☐ Clean around base of toilet
- ☐ Clean inside of toilet bowl (Be sure to scrub the under the rim)
- ☐ Gently clean sealant or crevice between base of toilet and floor
- ☐ Clean behind toilet
- ☐ Dust and de-scale water line
- ☐ Clean bathtub/shower
- ☐ De-scale shower head and tub faucet
- ☐ Scrub grout
- ☐ Clean floor, including crevices between shower/tub and floor, vanity and floor, and deep corners
- ☐ Disinfect trash can
- ☐ Clean mirror