

# Room By Room Junk Checklist

## Bathroom:

- Old / unused / almost empty bottles of shampoo & conditioner
- Old or excessive bath towels (keep no more than 2 per person)
- Old or excessive washcloths
- Old or extra hair dryers & curling irons
- Old disposable razors or rusty razor blades
- Expired or unused medications (Check out the [FDA website](#) for proper disposal advice)
- Old makeup or makeup you never wear
- Dried up nail polish or shades you hate
- Bad-smelling perfumes or deodorants
- Sample-size anything
- Soap wafers
- Almost-empty bottles of anything you haven't used in at over 3 months
- Excessive sunscreens, hand lotions, hair products
- Cleaning products

## Living Room:

- Burnt to the nub candles or candles you never actually burn
- Old DVDs and video games
- Broken or unused remotes
- Old dog toys
- Books you don't read
- Junk mail
- Newspapers
- Old Magazines
- Potpourri diffusers
- Board Games
- Fake house plants / dead house plants
- Art you don't like
- Figurines or knick knacks
- Damaged or worn furniture

## Kitchen:

- Single-use gadgets: Garlic press / lime press / hard-boiled egg slicer
- Mismatched or "one-off" glasses or dishes
- To-go containers
- Single use plastic bags (RECYCLE THESE PLEASE!)
- Old spices (yes, the cologne too!)

- Plastic cutlery packets
- Old, worn, or extra hand towels
- Chipped mugs and dishes
- Old jars, vases, pitchers
- Excessive cleaning products
- Old cookbooks
- Take-out menus
- Refrigerator magnets
- Expired ANYTHING
- Duplicates
- Specialty platters or dishes you don't use
- Tupperware with no lid or lids with no tupperware

**Junk Drawer:**

- Old batteries
- Rubber bands
- Dried ink pens
- Chopsticks
- Condiment packets
- Mystery keys
- Business cards
- Coupons

**Bedroom:**

- Orphan socks
- Broken Jewelry
- Unmatched earrings
- Uncomfortable bras
- Yellowed, stretched, or stained t-shirts
- Ill-fitting clothing
- Worn or old shoes
- Damaged clothing
- Excessive winter wear
- Duplicate items
- Stuffed animals
- Clothing not worn in 6 months
- Damaged eyeglasses
- Excessive coat hangers
- Unworn / ill-fitting belts
- Excessive neckties
- Damaged watches

**Closets:**

- Excessive linens / blankets
- Electric blankets
- Anything cardboard
- Shoe boxes / hat boxes
- Instruction manuals
- Specific seasonal / holiday wear (Ugly Christmas sweaters - outta here!)
- Unplayed musical instruments (Donate to a school please!)
- Picture frames
- Broken / unused tools
- Ironing boards
- Bags of wrapping paper, ribbons, and fabric
- Unused or outdated exercise equipment (Sorry, Thigh Master)
- Overnight bags and old luggage
- Briefcases
- Unused workout clothes

**Office:**

- Stacks of anything
- Needless desk ornaments
- Unused books or manuals
- Old bills / receipts
- Calculators
- Excessive pens and pencils
- Old / outdated electronics
- Computer monitors
- Extension cords
- Chargers you have no idea what they charge
- Lamps / chairs / file cabinets

**Notes:**