



2026 Declutter Checklist

A Simple Guide to Creating a Calm, Organized Home

Creating Calm Together

How to Use This Checklist

You do not need to do everything at once. Choose one section, set a short timer, and start where it feels easiest. Progress matters more than perfection.

Kitchen

- ☐ Toss expired pantry items
- ☐ Check fridge and freezer for old leftovers
- ☐ Donate unopened food you will not use
- ☐ Remove duplicate kitchen tools or gadgets
- ☐ Clear countertops of items not used daily

Paper and Documents

- ☐ Sort mail into keep, shred, and recycle
- ☐ Shred old bills and outdated paperwork
- ☐ File or scan important documents
- ☐ Clear paper piles from counters and desks



Closets and Clothing

- ☐ Remove clothing not worn in the last year
- ☐ Donate items that no longer fit or feel good
- ☐ Check shoes for comfort and condition
- ☐ Declutter unused accessories

Bathrooms

- ☐ Toss expired makeup and skincare
- ☐ Remove old hair products and samples
- ☐ Clear out travel-size clutter
- ☐ Group daily-use items together

Medication and First Aid

- ☐ Dispose of expired prescriptions safely
- ☐ Remove outdated over-the-counter meds
- ☐ Restock basic first aid supplies
- ☐ Store health items in one easy-to-access spot

Kids Spaces

- ☐ Donate toys no longer played with
- ☐ Toss broken toys or puzzles with missing pieces
- ☐ Sort toys by category
- ☐ Create simple, easy-to-maintain storage



Digital Clutter

- ☐ Delete duplicate or blurry photos
- ☐ Clear downloads folder
- ☐ Organize important files into folders
- ☐ Unsubscribe from unnecessary emails

Linen Closets

- ☐ Keep two sets of sheets per bed
- ☐ Donate extra towels and blankets
- ☐ Remove worn or mismatched linens

Garage, Attic, and Storage Areas

- ☐ Toss broken or unusable items
- ☐ Donate items not used in the past year
- ☐ Clear walkways and access paths
- ☐ Group remaining items by category

Need Help Getting Started or Staying on Track?

Professional support can make decluttering faster, easier, and far less stressful.

📞 Call or Text: (910) 622-7998

🌐 www.CoastalHomeSolutionsNH.com

👉 Schedule Your Consultation