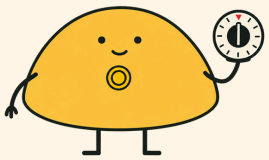
Declutter Bedroom Checklist



38 things to check in 9 spots, and where each one goes

1. Set up a trash bag, a donate box and a small box for special drop-off (⚠).
2. One spot per 15-minute timer, visible spots first: trash, then things that live elsewhere, then the obvious donations.
3. When the timer rings, stop and carry the bags out of the room.

1 · FLOOR & THE CHAIR

- [ ] Clothes you've worn → hamper
- [ ] Clean clothes → closet or drawer
- [ ] Shoes → closet
- [ ] Things from other rooms → take them back
- [ ] Trash → trash bag

2 · NIGHTSTAND TOP

- [ ] Cups and glasses → kitchen
- [ ] Tissues, wrappers, receipts → trash
- [ ] Pens that don't write → trash
- [ ] Books you won't reread → donate or bookshelf
- [ ] ⚠ Chargers for gone devices → electronics recycler

3 · DRESSER TOP

- [ ] Empty bottles and boxes → recycle or trash
- [ ] Loose change and receipts → wallet or trash
- [ ] Jewelry you never wear → donate or sell
- [ ] Decor you don't like → donate

4 · NIGHTSTAND DRAWER

- [ ] ⚠ Expired or unused medicines → take-back or FDA steps
- [ ] ⚠ Loose batteries → battery or hazardous waste drop-off
- [ ] ⚠ Old phones and e-readers → delete data, then donate or recycle
- [ ] Papers with personal info → shred
- [ ] Duplicates (lip balm, hair ties) → keep what fits

5 · DRESSER DRAWERS (ONE PER SESSION)

- [ ] Clothes that don't fit now → donate or sell
- [ ] Stained, torn, broken clothes → textile recycling or trash
- [ ] Socks without a pair → trash or rags
- [ ] Worn-out underwear and socks → trash
- [ ] Drawer still too full → keep favorites until it closes

6 · CLOSET, ONE SECTION

- [ ] Unworn 90 days, won't wear next 90 → donate or sell
- [ ] The one of two you always skip → donate
- [ ] Extra hangers → donate or recycle
- [ ] Shoes that hurt → donate if in good shape
- [ ] Bags and purses you don't use → donate

7 · CLOSET SHELF & FLOOR

- [ ] Empty boxes and shopping bags → recycle
- [ ] Things you forgot you had → the two questions
- [ ] Sentimental items → leave for last

8 · UNDER THE BED

- [ ] Every bin and bag → open and decide
- [ ] Out-of-season clothes → keep what fits the bin
- [ ] Things from other rooms → take them there

9 · BEDDING & LINENS

- [ ] Sheets for beds you don't have → donate if clean
- [ ] Extra blankets and pillows → donate if clean
- [ ] ⚠ Old mattress → Bye Bye Mattress (CA, CT, OR, RI) or local trash service

Not sure about an item? Dana K. White's two questions:

"If I needed this item, where would I look for it? Take it there now."

"If I needed this item, would it occur to me that I already had one?"

⚠ = special drop-off. Rules vary by area: check your local program. Whether to stop a medicine is a question for your doctor or pharmacist. Steps and questions: Dana K. White (A Slob Comes Clean); 90/90 rule: The Minimalists. Details and sources (FDA, EPA, Mattress Recycling Council) are in the full guide at onespothome.com/declutter-bedroom-checklist.

