

Decluttering Idea List

1. Clothes that don't fit
2. Clothes that are torn or stained
3. Clothes that aren't flattering
4. Coats that don't fit over clothing
5. Special occasion clothes that will not be worn again (bridesmaid, prom)
6. That clothing item you bought but never wear
7. Extra hangers
8. Undergarments that don't fit, are stained, etc.
9. Accessories you haven't worn in 6 months
10. Old nail polish
11. Socks without a mate
12. Socks with a hole or poor fit
13. Shoes that don't fit, are worn out, stained, etc.
14. Gloves without a mate
15. Cracked or never worn belts
16. Unused or broken hair ties
17. Old/never worn hats
18. Free/promotional t-shirts
19. Scarves you don't wear
20. Old bedsheets
21. Old/stained pillows
22. Books you have read and won't read again
23. Books you have never read
24. Old College books and binders
25. Old makeup
26. Travel sized toiletries
27. Perfumes and lotions, you don't wear/are old
28. Old toothbrushes
29. Shampoo you aren't using
30. Old towels
31. Hair Products you aren't using
32. Hair Accessories and brushes not used
33. Baby items they have grown out of
34. Baby items you didn't like using
35. Old/broken toys
36. Toys that aren't played with
37. Pens that don't work
38. Half-finished craft projects
39. Craft supplies you haven't used in a year
40. Leftover project supplies
41. Games with missing or broken pieces
42. Greeting and Birthday Cards that you received
43. Greeting Cards unused from previous seasons
44. Gift bags to reuse that aren't in good shape
45. Wrapping Paper Scraps
46. Notes you kept from school
47. Chargers for old phones
48. Old phones
49. Old phones cases
50. Random cords you don't use
51. Old tables, computers, etc.
52. Manuals that you can look up online
53. Old CD's (or all CDs)
54. Extra purses
55. Extra totes/bags
56. Extra mugs
57. Extra sunglasses (or other glasses you may have)
58. Old food in the refrigerator
59. Expired food from the pantry
60. Old Food in the freezer
61. Tea/coffee you never drink
62. Recipe Books
63. Dirty Sponges
64. Worn out kitchen towels
65. Food you haven't eaten and won't eat
66. Broken/chipped dishes
67. Duplicate items
68. Herbs/Spices you don't use
69. Specialty Kitchen Items not used in a year
70. Art work you don't like
71. Children's art work not displayed
72. Decor/Knick knacks that you don't like
73. DVDs you don't watch

Decluttering Idea List

74. Old video games
75. Old video game consoles
76. Old Computer games
77. Duplicates of tools
78. Broken Tools
79. Tools you don't use and/or could easily borrow
80. Items in storage you never look at
81. Unfinished projects
82. Cans of paint that you no longer need
83. Memorabilia that means nothing to you
84. Expired medicine and vitamins
85. Old receipts
86. Duplicate/bad photos
87. Photos of unknown people or places
88. Paperwork you don't need to file away
89. Dead plants/flowers
90. Cleaning products you don't use
91. Furniture that isn't necessary
92. Luggage no longer used
93. Old candles
94. Take out menus
95. Take loose change to the bank
96. Old boxes and packaging
97. Workout equipment you don't use
98. Magazines
99. Old pet toys
100. Unused vases
101. Old shopping bags
102. Broken Christmas Ornaments
103. Old car chargers
104. Trash in your car
105. Loose change in your car
106. Give back borrowed items
107. VHS you can't watch
108. Audiotapes you can't listen to
109. Switch bills to paperless billing
110. Old keys
111. Expired gift cards or gift cards you aren't using

Decluttering Idea List

Things to Declutter From the Kitchen

- 1. Pantry: expired foods or foods nobody will eat
- 2. Bulky food packaging: transfer foods to clear canisters/containers to save space
- 3. Refrigerator: expired foods and foods nobody will eat
- 4. Freezer: anything expired or that will never be eaten
- 5. Spices: any that are expired or haven't been used in a year
- 6. Extra salt and pepper shakers
- 7. Duplicate measuring spoons and cups
- 8. Stained dishcloths
- 10. Cookie cutters
- 11. Cake/cookie decorating supplies
- 12. Mixing bowls
- 13. Pots and pans
- 14. Pan lids without a pan
- 15. Cookie sheets
- 16. Baking dishes
- 17. Chipped dishes
- 18. Coffee mugs that are chipped or you never use
- 19. Chipped drinking glasses
- 20. Plastic containers without lids
- 21. Extra water bottles
- 22. Any small appliances you haven't used in a year
- 23. Kitchen gadgets you never use
- 24. Silverware that has seen better days
- 25. Duplicate utensils
- 26. Worn out knives
- 27. Extra shopping bags
- 28. Junk drawer

Decluttering Idea List

- 29. Expired medications and vitamins
- 30. Worn out scrub brushes or sponges
- 31. Décor that you don't like anymore
- 32. Excess serving pieces
- 33. Recipe books you never use

Laundry Room Decluttering Tips

- 1. Socks without a mate, socks that have holes or are stretched out
- 2. Cleaning supplies you don't like and won't use
- 3. Cleaning tools that you never use
- 4. Hangers from the cleaners
- 5. Old appliance manuals
- 6. Worn out cleaning towels
- 7. Unusable light bulbs
- 8. Unused hangers

The Family Room

- 1. Excess picture frames
- 2. Throw blankets you don't love (consider donating to an animal shelter)
- 3. Décor that you're tired of
- 4. Books you already read, and books you'll never read
- 5. Knick-knacks
- 6. Throw pillows
- 7. DVDs
- 8. Excess furniture
- 9. Work out equipment that you never use
- 10. Games with missing pieces or that your family never plays

Decluttering Idea List

Storage Closets

- 1. Holiday decorations you haven't used
- 2. Anything you are storing for your grown kids...have them come pick it up!
- 3. Leftover party decorations
- 4. Excess or broken luggage (consider donating your unneeded luggage to a local foster care agency. Foster kids often have to transport their belongings from place to place in a trash bag.)

Kids Rooms

- 1. Damaged books and books they have outgrown (outgrown books could be donated to a local child care center)
- 2. Toys and games that they are too old for and toys they never play with
- 3. Toys that are damaged
- 4. Clothes and shoes they have outgrown
- 5. Décor they have outgrown
- 6. Coats and gloves they have outgrown
- 7. Outside toys they've outgrown or never play with
- 8. Stuffed animals no longer loved

Declutter the Bedroom and Closets

- 1. Broken jewelry and jewelry you never wear
- 2. Belts you haven't worn in a year
- 3. Handbags not used in a year
- 4. Clothing that doesn't fit, is damaged or you never wear
- 5. Old and worn-out bedding (animal shelters would love to have these)
- 6. Pillows past their best life (animal shelters would love these too)
- 7. Raggedy rugs

The Bathroom

Decluttering Idea List

- 1. Almost empty bottles of lotion, shampoo, conditioner
- 2. Expired cosmetics and make-up that didn't work out
- 3. Dried up nail polish or polish you hated
- 4. Duplicate or dull manicure/pedicure tools
- 5. Worn out hair brushes
- 6. Damaged hair tools
- 7. Stretched out hair ties
- 8. Dingy or damaged towels and washcloths
- 9. Icky kids bath toys

Tool/Craft Closet

- 1. Old paint
- 2. Abandoned projects that you'll never finish
- 3. Broken tools
- 4. Duplicate tools
- 5. Specialty tools you'll never use again
- 6. Dried up paintbrushes and paint rollers
- 7. Crafting/sewing supplies
- 8. Excessive number of organizing tubs and baskets

Decluttering the Office

- 1. Cords/wires that are a mystery
- 2. Old computers and laptops (consider donating to a small private school that may not have the funds for technology)
- 3. Old Phones
- 4. Old Phone Cases
- 5. Used Printer cartridges (recycle or have them refilled)
- 6. Empty boxes from things you bought

Decluttering Idea List

- 7. Old electronics
- 8. Used or partially used notebooks
- 9. Pens and markers that don't work
- 10. Duplicate office supplies (donate to a school or church)
- 11. Receipts (except for big-ticket items or those used for tax reporting)
- 12. Unneeded paperwork
- 13. Mystery keys you've had for 20 years
- 14. Broken Binders