

# Move-Out Cleaning

## DIY Preparation Guide

Time estimates · Recommended products · Room-by-room task list

---

Thinking of tackling your move-out clean yourself? This guide gives you a realistic picture of what is involved — whether you are leaving a house, condo, apartment, or any other type of home. See how long each area takes, which products actually work, and use the room-by-room task list to keep you on track.

We put this together from 1,300+ move-out cleans completed across Seattle and the Eastside. Our honest advice: come prepared, start early, and don't underestimate the kitchen and bathrooms. They account for about 70% of the total time and effort.

**70%**

of time is kitchen & bathrooms

**6-8 hrs**

typical 2-3BR home (solo)

**15+**

recommended cleaning products

### Still not sure? Give us a call.

If you have questions about what your home needs or want advice on the right products for your surfaces, call us at 206-973-2515. We are happy to share the cleaning secrets — no obligation.

### How long does a move-out clean really take?

Solo, working at a steady pace. Add 50% for homes with pets or young children.

Kitchen and bathrooms alone account for roughly 70% of the total time. Budget more time than you think — move-out cleaning is significantly more detailed than a regular tidy-up.

### Time by area

|  |                         |
|--|-------------------------|
| Kitchen surfaces, cabinets, countertops  | <b>2 hours</b>          |
| Stove and oven (inside + racks)          | <b>1 hour</b>           |
| Inside refrigerator                      | <b>30 min to 1 hour</b> |
| Bathrooms (per bathroom)                 | <b>1 to 2 hours</b>     |
| Hard surface floors                      | <b>1 hour</b>           |
| Carpeted areas                           | <b>1 hour</b>           |
| Inside windows                           | <b>1 hour</b>           |
| Dusting, baseboards, high-touch surfaces | <b>1 hour</b>           |

### Estimated total time by home size

| Home Size                 | Sq Ft                | Estimated Time (solo) | With Pets or Kids     |
|---------------------------|----------------------|-----------------------|-----------------------|
| <b>1-2 bed / 1 bath</b>   | Up to 1,000 sq ft    | <b>4 to 6 hours</b>   | <b>6 to 9 hours</b>   |
| <b>2-3 bed / 2-3 bath</b> | 1,000 to 1,800 sq ft | <b>6 to 8 hours</b>   | <b>9 to 12 hours</b>  |
| <b>3-4 bed / 4 bath</b>   | 1,800 to 2,800 sq ft | <b>7 to 10 hours</b>  | <b>10 to 15 hours</b> |

#### Homes with pets or young children

Pet hair embeds into carpet edges, baseboards, and vents. Little ones leave handprints on doors, walls, and light switches. Add 50% to your time estimate if either applies.

## Recommended cleaning products

Our top picks from 15+ years of professional cleaning. Always choose unscented where available.

You do not need every product on this list. Buy what applies to your home's surfaces. Prices are approximate as of early 2026 and may vary by retailer.

### Everyday essentials

| Product                                       | Best For  | Price (approx.) | Pro Tip   |
|---|---|-----------------|---|
| <b>Bon Ami Powder Cleanser</b>                | Sinks, tubs, ceramic, stainless steel             | ~\$9            | Non-scratch. Safe for most hard surfaces. Great all-rounder for bathrooms and kitchen sink. |
| <b>Bar Keepers Friend (powder)</b>            | Tough stains, grout, tile, oven racks             | ~\$9            | Strongest powder cleanser for stubborn buildup. Use with a damp sponge. Wear gloves.        |
| <b>Method All-Purpose Cleaner</b>             | Countertops, cabinets, walls, appliance exteriors | ~\$6            | Eco-friendly. Safe for most surfaces. Test on stone before use.                             |
| <b>Seventh Generation Toilet Bowl Cleaner</b> | Toilet bowls                                      | ~\$6            | Plant-based, EPA Safer Choice rated. Let it dwell 5 min before scrubbing.                   |

### Specialized products

| Product                                     | Best For  | Price (approx.) | Pro Tip  |
|---|---|-----------------|--|
| <b>Weiman Stainless Steel Cleaner Spray</b> | Stainless steel appliances, fridge, dishwasher  | ~\$10           | Leaves a fingerprint-resistant finish. Buff with a microfiber cloth for streak-free results. |
| <b>Zep Heavy Duty Degreaser</b>             | Range hood, stovetop, backsplash, oven exterior | ~\$12           | Professional grade. Use gloves and ventilate the kitchen. Spray, wait 2 min, wipe.           |
| <b>Seventh Generation Glass Cleaner</b>     | Windows, mirrors, glass shower doors            | ~\$7            | Or mix 50% rubbing alcohol + 50% water for streak-free glass. Use lint-free cloths only.     |
| <b>Bona Hardwood Floor Cleaner</b>          | Sealed hardwood and wood-look floors            | ~\$14           | 68% of Seattle move-out homes have hardwood. Do not over-wet. Spray and mop in sections.     |

## Heavy-duty helpers

| Product  | Best For                                    | Price (approx.) | Pro Tip   |
|--|---|-----------------|---|
| <b>The Pink Stuff (paste cleaner)</b>            | Stuck-on grime, bathtubs, cooktops, ceramic | ~\$8            | Gentle abrasive paste. Excellent for the oven door glass and baked-on cooktop spills. |
| <b>Seventh Generation Tub &amp; Tile Cleaner</b> | Shower tiles, grout, soap scum, glass doors | ~\$7            | Spray generously, let it dwell 5 min, scrub with a grout brush for best results.      |

### Important: always use unscented products where available

Scented cleaners can cause irritation for people with allergies or sensitivities. Unscented versions of most products above are available at Target, Fred Meyer, and Amazon.

## Supplies you will need

Get these before you start. Running out mid-clean costs time.

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Vacuum cleaner (HEPA preferred)      | <input type="checkbox"/> Mop and bucket   | <input type="checkbox"/> Broom and dustpan                    |
| <input type="checkbox"/> Duster (extendable for high corners) | <input type="checkbox"/> Microfiber cloths — yellow for bathrooms, green for all other surfaces | <input type="checkbox"/> Scrub sponges (non-scratch)          |
| <input type="checkbox"/> Grout brush or old toothbrush        | <input type="checkbox"/> Paper towels   | <input type="checkbox"/> Rubber gloves                        |
| <input type="checkbox"/> Garbage bags                         | <input type="checkbox"/> Step ladder (for ceiling fans, vents, high shelves)                    | <input type="checkbox"/> Spray bottle (for DIY glass cleaner) |

### Color-code your microfiber cloths

Use yellow cloths for bathrooms only (toilets, sinks, tubs). Use a different color for everything else. This prevents cross-contamination between bathroom and kitchen surfaces.

## Room-by-room task list

Work top to bottom in every room. Dust and cobwebs first, floors last.

Print this page and check off each item as you go. Start in the kitchen — it takes the longest.

### Kitchen

- Remove cobwebs from ceiling corners
- Clean inside and outside of oven, including racks**
- Degrease range hood and filters**
- Clean inside and outside of refrigerator**
- Clean inside and outside of microwave
- Wipe all cabinet faces and clean inside each cabinet
- Clean countertops and backsplash
- Scrub sink and polish fixtures
- Wipe light switches, outlets, and door handles
- Clean window sills and window tracks
- Sweep or vacuum floors
- Mop floors and clean under appliances

### Bathrooms (repeat for each bathroom)

- Remove cobwebs from ceiling corners
- Scrub glass shower door — remove soap scum and hard water stains**
- Scrub tile grout and treat any mildew**
- Scrub toilet inside and out, including base and behind
- Scrub bathtub or shower stall
- Clean sink, countertop, and fixtures
- Polish mirrors and glass surfaces
- Wipe cabinet faces and clean inside drawers
- Clean exhaust fan cover
- Wipe light switches, outlets, and door handles
- Clean window sills and tracks
- Sweep or vacuum floors
- Mop and sanitize floors

## Living Areas and Bedrooms (repeat for each room)

- Remove cobwebs from ceiling corners and ceiling fans
- Dust ceiling fans and light fixtures
- Clean window sills and window tracks
- Wipe all baseboards and trim
- Clean doors, frames, and light switches
- Wipe down blinds
- Clean inside closets and shelves
- Vacuum all carpeted areas, including edges and corners
- Sweep, vacuum, and mop hard floors

## Whole Home

- Empty all trash cans and recycling
- Remove all personal belongings
- Check all closets, cabinets, and storage areas are empty
- Check inside all appliances are clear
- Final walk-through — check each room from the doorway for anything missed

## Rather have us handle it?

If the list above feels like more than you want to take on — that is completely understandable. A thorough move-out clean for a 2-3 bedroom home takes a solo person 6-8 hours. Professional cleaners typically complete it in 3-4 hours and back every job with a 24-hour re-clean guarantee. Simply Clean serves anyone moving out — apartments, condos, houses, and every type of home across Seattle and the Eastside.

### Get an instant quote online

[www.seattlesimplyclean.com](http://www.seattlesimplyclean.com)

### Call us

206-973-2515

### Starting from

\$249 for a studio or 1-bedroom — median 2-3BR job runs ~\$442

Simply Clean has been serving Seattle and the Eastside since 2009. 4.9 stars across 700+ reviews.