



*Calgary Trusted Cleaners
provides complete home
and commercial cleaning
services for Calgary and
southern Alberta.*

CALL TODAY FOR A QUOTE

403.464.4049

info@calgarytrustedcleaners.ca



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MOVE IN/OUT CLEANING CHECKLIST

KITCHEN

REFRIGERATOR/FREEZER

- MOVE THE FRIDGE OUT TO CLEAN BEHIND AND UNDERNEATH (IF POSSIBLE)
- VACUUM/SWEEP COILS BEHIND THE FRIDGE
- SWEEP/MOP FLOOR UNDERNEATH BEFORE MOVING THE FRIDGE BACK INTO PLACE
- TOP OF FRIDGE, SIDE, BOTTOM GRATE, EXTERIOR AND HANDLES
- REMOVE SHELVES, DRAWERS AND VEGETABLE CRISPER TO CLEAN

STOVE/OVEN

- DETAIL CLEANING INSIDE OVEN
- SCRUB AND REMOVE FOOD DEBRIS FROM OVEN RACKS
- CLEAN INSIDE OVER DRAWER
- CLEAN UNDER THE RANGE AND BURNERS
- CLEAN BEHIND THE STOVE
- REMOVE KNOBS, CLEAN THE KNOBS AND AREA UNDERNEATH
- SCRUB DRIP PANS

GENERAL

- CLEAN AND DUST ALL SURFACES
- CLEAN RETURN AIR VENTS (WITHIN REACH)
- CLEAN AND DUST CEILING FANS (WITHIN REACH)
- CLEAN AND DUST LIGHT FIXTURES (WITHIN REACH)
- CLEAN CABINETS AND DRAWERS (INSIDE/OUTSIDE/SHELVES)
- DUST BLINDS (WITHIN REACH)
- CLEAN WINDOWSILLS, EXPOSED WINDOW TRACKS (WITHIN REACH)
- CLEAN LIGHT SWITCH PLATES AND OUTLET COVERS
- WIPE DOWN DOORS AND DOOR FRAMES (BOTH SIDES AND MOLDING)
- SPOT CLEAN LARGE SCUFFS, SPOTS AND DIRT ON WALLS
- CLEAN MICROWAVE INTERIOR AND EXTERIOR
- CLEAN DISHWASHER INSIDE EDGE OF DOOR, EXTERIOR AND BOTTOM GRATE
- CLEAN AND DUST BASEBOARDS
- CLEAN COUNTER TOPS AND BACK SPLASH
- CLEAN SINK AND SINK FIXTURES
- CLEAN SLIDING GLASS DOORS (INTERIOR)
- CLEAN KITCHEN WINDOWS ABOVE SINK (INTERIOR)
- CLEAN MIRRORS
- SWEEP, MOP AND EDGE FLOORS
- VACUUM AND EDGE CARPET
- EMPTY TRASH



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MOVE IN/OUT CLEANING CHECKLIST

BATHROOM

SHOWER

- REMOVE SOAP SCUM BUILDUP FROM INSIDE
- CLEAN AND SANITIZE FLOOR
- CLEAN DOORS AND TRACKS
- WIPE DOWN EXTERIOR
- CLEAN CURTAIN ROD OR SHOWER FRAME

BATHTUB

- CLEAN AND SANITIZE
- REMOVE SOAP SCUM BUILDUP
- WIPE DOWN EXTERIOR

TOILET

- CLEAN INSIDE TOILET BOWL AND UNDER TRIM
- DISINFECT EXTERIOR AND DETAIL AROUND LID, HINGES AND BASE OF TOILET
- CLEAN WALLS BEHIND & AROUND TOILET

GENERAL

- CLEAN AND DUST ALL SURFACES
- CLEAN RETURN AIR VENTS (WITHIN REACH)
- CLEAN AND DUST CEILING FANS (WITHIN REACH)
- CLEAN AND DUST LIGHT FIXTURES (WITHIN REACH)
- DUST BLINDS (WITHIN REACH)
- CLEAN WINDOWSILLS, EXPOSED WINDOW TRACKS (WITHIN REACH)
- CLEAN LIGHT SWITCH PLATES AND OUTLET COVERS
- WIPE DOWN DOORS AND DOOR FRAMES (BOTH SIDES AND MOLDING)
- SPOT CLEAN LARGE SCUFFS, SPOTS AND DIRT ON WALLS
- CLEAN MEDICINE CABINET (INSIDE/OUTSIDE/SHELVES)
- CLEAN AND DUST BASEBOARDS
- CLEAN COUNTER TOPS AND BACK SPLASH
- CLEAN SINK AND SINK FIXTURES
- CLEAN MIRRORS & SHOWER DOORS
- CLEAN BATHROOM FIXTURES
- SWEEP, MOP AND EDGE FLOORS
- VACUUM AND EDGE CARPET
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MOVE IN/OUT CLEANING CHECKLIST

LIVING AREA / SLEEPING AREAS / OFFICES / HALLWAYS

GENERAL

- CLEAN AND DUST ALL SURFACES
- CLEAN RETURN AIR VENTS (WITHIN REACH)
- CLEAN AND DUST CEILING FANS (WITHIN REACH)
- CLEAN AND DUST LIGHT FIXTURES (WITHIN REACH)
- DUST BLINDS (WITHIN REACH)
- CLEAN WINDOWSILLS, EXPOSED WINDOW TRACKS (WITHIN REACH)
- CLEAN LIGHT SWITCH PLATES AND OUTLET COVERS
- WIPE DOWN DOORS AND DOOR FRAMES (BOTH SIDES AND MOLDING)
- SPOT CLEAN LARGE SCUFFS, SPOTS AND DIRT ON WALLS
- WIPE DOWN SHELVES IN CLOSETS
- VACUUM CLOSETS
- CLEAN CABINETS AND DRAWERS (INSIDE/OUTSIDE/SHELVES)
- REMOVE DEBRIS AND VACUUM FIREPLACE
- CLEAN AND DUST BASEBOARDS
- CLEAN SLIDING GLASS DOORS (INTERIOR)
- SWEEP, MOP AND EDGE FLOORS
- VACUUM AND EDGE CARPET
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MOVE IN/OUT CLEANING CHECKLIST

LAUNDRY / UTILITY / STORAGE

WASHER AND DRYER

- CLEAN EXTERIOR
- CLEAN INSIDE EDGE (UNDER LID) OF WASHER
- EMPTY LINT TRAP

GENERAL

- CLEAN AND DUST ALL SURFACES
- CLEAN RETURN AIR VENTS (WITHIN REACH)
- CLEAN AND DUST CEILING FANS (WITHIN REACH)
- CLEAN AND DUST LIGHT FIXTURES (WITHIN REACH)
- DUST BLINDS (WITHIN REACH)
- CLEAN WINDOWSILLS, EXPOSED WINDOW TRACKS (WITHIN REACH)
- CLEAN LIGHT SWITCH PLATES AND OUTLET COVERS
- WIPE DOWN DOORS AND DOOR FRAMES (BOTH SIDES AND MOLDING)
- SPOT CLEAN LARGE SCUFFS, SPOTS AND DIRT ON WALLS
- CLEAN CABINETS AND DRAWERS (INSIDE/OUTSIDE/SHELVES)
- CLEAN AND DUST BASEBOARDS
- CLEAN COUNTER TOPS AND BACK SPLASH
- CLEAN SINK AND SINK FIXTURES
- CLEAN SLIDING GLASS DOORS (INTERIOR)
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MOVE IN/OUT CLEANING CHECKLIST

ADDITIONAL SERVICES

AVAILABLE UPON REQUEST FOR A FEE

- CLEAN TOPS OF CABINETS
- APPLY OIL TO WOOD
- SWEEP OUT STORAGE UNIT/SHED
- WINDOW CLEANING
- FULL WALL CLEANING
- CARPET STEAM CLEANING
- GARAGE CLEANING
- HVAC CLEANING (FURNACE AND DUCTS)
- PRESSURE WASHING