



## DECLUTTER YOUR HOME + CHANGE YOUR LIFE.

Welcome to your closet + kitchen decluttering checklist!

These two spaces are the most popular decluttering locations. This checklist will help guide your process.

Sometimes, decluttering and organizing can feel overwhelming. But if you use this checklist, and gather all the items that are in that checklist category, you can realize how much of something you have--and decide how much you really need.



I am here to help with anything you need! Just email me at [hello@simplifiedpgh.com](mailto:hello@simplifiedpgh.com) or visit my website, [simplifiedpgh.com](http://simplifiedpgh.com)

- Kristen

MOST IMPORTANT THING TO REMEMBER: your closet shouldn't make you feel less of yourself.  
If you are holding onto clothing that doesn't fit or that doesn't make you feel good: let it go.

## WORKWEAR

- Pants
- Shirts | Tops | Blouses
- Skirts
- Dresses
- Suits

## ATHLEISURE+SPORTS

- Leggings | Capris | Pants
- Tops | Tanks
- Sweatshirts | Hoodies
- Shorts
- Specific Sportswear (tennis, etc.)
- Swimwear

## FOUNDATIONS

- Bras
- Underwear
- Shapewear
- Lingerie
- Socks
- Stockings | Tights
- Pajamas | Sleepwear | Loungewear

## ACCESSORIES

- Scarves
- Purses | Bags | Wallets
- Belts
- Jewelry
- Other accessories

## SHOES

- Dress shoes
- Athletic shoes
- Casual shoes
- Slides
- Work shoes

## COATS

- Winter coats
- Spring | Fall coats
- Raincoats
- Winter gear
- Other outerwear

## MISC

- Costumes
- Holiday clothing
- Formalwear

Any specialty clothing--hiking, fishing, skiing, biking, etc.--divide into its own category!

Items **in bold** are ones that many of my clients have in excess! Be on the lookout for these and think about how many of these you REALLY need! Also check for items that have seen better days-- cookware and bakeware can get aged and not in a way like a fine wine!

## EATING + DRINKING

- Plates
- Bowls
- Regular drinkware | Glasses**
- Coffee Mugs**
- Wine glasses | Liquor glasses
- Silverware | Cutlery

## COOKING TOOLS

- Pots
- Pans
- Other cookware
- Other bakeware
- Mixing Bowls
- Measuring Cups | Spoons**
- Knives
- Spatulas
- Whisks
- Cooking spoons | Ladles
- Tongs
- Grilling supplies | Tools
- Baking-specific tools
- Cupcake tins
- Cookie sheets | cooling racks**
- Muffin pans
- Graters | Garlic press
- Rolling pins

## EQUIPMENT

- Food processor
- Blender
- Mixer
- Coffee maker | Supplies
- Instant Pot
- Sodastream
- Slow cooker
- Spiralizer
- Other kitchen equipment

## STORAGE

- Food storage containers**
- Ziplocs
- Plastic wrap
- Aluminum foil
- Parchment

## ENTERTAINMENT

- Platters | Servingware
- Holiday Servingware
- Entertaining Dishes
- Pitchers
- Cocktail prep equipment
- Table linens | Napkins
- All other misc. kitchen items

Items **in bold** are ones that many of my clients discover are VERY expired in their pantry. Why? We rarely "declutter" our pantries! Going through food and drink items and discarding old or never used (or "I used it once in a recipe and will never use it again") stuff is a game changer.

### REFRIGERATOR

- Produce
- Meat
- Seafood
- Salad dressing**
- Sauces**
- Condiments**

### DRY GOODS

- Canned goods
- Pasta
- Rice
- Grains
- Cereal
- Snacks
- Candy
- Tea
- Coffee
- Bread products
- Protein powder
- Dry good mixes**

### PANTRY

- Spices**
- Herbs**
- Cooking extracts**
- Flour
- Sugar | Brown Sugar
- Oils
- Cooking spray
- Baking Powder
- Baking Soda
- Cornstarch
- Cocoa
- Baking miscellaneous**

#### **Spice shelf life isn't "infinity"!**

*Typically when I work with clients on their pantry, we find spices that expired YEARS ago.*

*While they likely won't make you sick, they lose their spicy potency for your cooking. And do you want to use something in food that has been open for a decade?*

### FROZEN

- Frozen meat | seafood
- Frozen vegetables | fruits
- Frozen dinners
- Ice cream | Frozen snacks
- Other frozen items

*Freezers of course keep food good for long periods of time.*

*But most people have those random forgotten/freezer burned foods in the freezer for years...or something that was purchased for a specific purpose that is now not needed. Clear it out!*