Meadowlark Home Cleaning
Family-owned house cleaning · Gresham, Oregon · free guide

FOR RENTERS, SELLERS AND LANDLORDS

Move-Out Cleaning Checklist

Most move-out cleans go wrong in the same way. The kitchen and bathrooms get a hard scrub, and then a walk-through finds the oven racks, the window tracks and the closet shelves. Use this list from the top of the home to the bottom, and clean after the movers are gone, because that is when the dust and scuffs show up.

Before you start

Find your move-in inspection report or lease checklist and read it first. Take dated photos of each room before you clean and again when you finish. If you rent, know that Oregon gives your landlord 31 days after the tenancy ends to return your deposit or send a written accounting, and deductions are limited to unpaid rent and damage beyond ordinary wear and tear, with specific rules for cleaning labor and carpet. [1] This guide is general information, not legal advice. For your own situation, read the statute or ask a tenant resource.

Kitchen

- [ ] Empty the fridge and freezer, then wash the shelves, drawers and door seals
- [ ] Take out and wash the oven racks, then clean inside the oven
- [ ] Wipe the inside and outside of the microwave
- [ ] Clean the range hood and its filter
- [ ] Wipe inside every cabinet and drawer, then the cabinet fronts
- [ ] Scrub the sink, faucet and drain, then the counters and backsplash
- [ ] Pull out the stove and fridge if they are movable, and clean the floor under and behind them

Bathrooms

- [ ] Scrub the toilet, including the base and behind the tank
- [ ] Remove soap scum and mineral buildup from the tub, shower walls and glass
- [ ] Clean grout lines and the caulk edges
- [ ] Wipe inside the vanity, drawers and medicine cabinet
- [ ] Polish the mirror, faucets and fixtures
- [ ] Wipe the exhaust fan cover
- [ ] Mop the floor edge to edge

Bedrooms, living areas and halls

- [ ] Wipe closet shelves and rods
- [ ] Wash baseboards and door frames
- [ ] Wipe doors, handles and light switch plates
- [ ] Spot-clean scuffs and marks on the walls
- [ ] Dust ceiling fans and light fixtures, and replace dead bulbs
- [ ] Clean window glass, sills and tracks, and wipe the blinds
- [ ] Vacuum carpet and rugs, then mop hard floors

Whole home

- [ ] Wipe heating and cooling vent covers and return grilles
- [ ] Check the garage, patio, porch and storage areas
- [ ] Remove every bag of trash and anything left behind
- [ ] Vacuum along the edges and in the corners last

Final walk-through

- [ ] Walk every room with the lights on and look low and high
- [ ] Take final dated photos of each room, appliances and floors
- [ ] Return all keys, remotes and garage openers
- [ ] Give your forwarding address in writing

Habits that save a deposit

- Clean last, after the movers and the final trips. Boxes and boots undo a finished floor.
- Work top to bottom and back to front so dust falls onto surfaces you have not cleaned yet.
- Leave daylight for the finish. Streaks and scuffs show in daylight when they hide at night.
- Keep your receipts and photos for at least as long as the deposit deadline runs.

Sources

[1] ORS 90.300 Security deposits; prepaid rent (Oregon Revised Statutes chapter 90), Oregon Legislature. https://www.oregonlegislature.gov/bills_laws/ors/ors090.html

Want a hand with move-out & move-in cleaning?

Call Jeremy at (503) 505–0174 or ask for a free quote at meadowlarkhomecleaning.com/contact. The quote is free, with no obligation.

Meadowlark Home Cleaning, Gresham, Oregon. meadowlarkhomecleaning.com/guides/move-out-cleaning-checklist · Last reviewed November 13, 2026. General information, not legal or professional advice.