

Dorm Cleaning Checklist

Daily, Weekly, and Monthly Tasks

A more stylish, more compact, easy-to-print system for keeping a dorm room clean without turning cleaning into an all-day project.

What this PDF includes: daily reset routines, weekly and monthly cleaning, roommate cleaning tips, communal bathroom hygiene, mini fridge cleaning, a supplies checklist, a safety page, and a roommate cleaning agreement.

Room	Semester	Roommate(s)

Quick Start

- Pick one weekly reset day and try to keep it consistent.
- Keep basic supplies in one small cleaning caddy or bin.
- Talk with your roommate early about allergies, scents, guests, and trash.
- Use one cleaner at a time and always read product labels.
- Open a window or ventilate when using sprays or disinfectants.
- Check your dorm housing rules before using strong products or appliances.

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Plan what to buy, what to skip, and how to make dorm life easier.

Daily 5-Minute Reset

Set a 5-minute timer and do the most visible, most important reset tasks first.

■ Make your bed or pull up your comforter.	■ Put keys, wallet, ID, chargers, and earbuds back in their usual spot.
■ Clear cups, wrappers, plates, and old food from your desk and nightstand.	■ Reset your desk: stack notebooks, close your laptop, and tidy pens.
■ Put dirty clothes into the hamper, not the floor or chair.	■ Check the floor for crumbs or spills that could attract bugs.
■ Throw away snack trash, tissues, and empty bottles.	■ Tie up trash if it smells or has food waste.
■ Wipe sticky spills right away.	■ Air out the room with a window or fan if allowed and safe.

Dorm Blueprint Tip: Most dorm mess starts with tiny everyday clutter. If you keep the desk, floor, and trash under control, the room already feels way cleaner.

Weekly Cleaning

Choose one weekly cleaning block. Sunday night, laundry day, or Friday afternoon usually works best.

■ Take out trash and recycling.	■ Clean mirrors and vanity areas.
■ Wash towels and bathrobe.	■ Check the mini fridge and throw out old food.
■ Wash sheets or at least pillowcases.	■ Wipe the fridge handle and any spills.
■ Sweep, vacuum, or lint-roll the floor.	■ Clean the microwave plate/interior if you use one.
■ Wipe desk, shelves, nightstand, and windowsill.	■ Dust shelves, electronics, and decor.
■ Disinfect high-touch spots like handles, switches, keyboard, mouse, and phone case.	■ Refill tissues, soap, trash bags, and laundry supplies.

Weekly Reset Tracker

Week	Top priority	Done by	Notes

Monthly Deep Clean

Do this once a month or before breaks so clutter, dust, and forgotten food do not build up.

■ Pull bins out from under the bed and sweep underneath.	■ Clean fan blades or visible vents if accessible.
■ Wash your comforter, blanket, or removable pillow covers if needed.	■ Declutter the closet and move unused seasonal items out.
■ Clean drawers and toss random packaging, papers, or receipts.	■ Wipe baseboards, door handles, closet handles, and dresser tops.
■ Deep clean the mini fridge and dry it fully before plugging back in.	■ Check if supplies like detergent, wipes, and trash bags need restocking.
■ Check expiration dates on snacks, drinks, leftovers, and medicine.	■ Fix any recurring clutter pile by adding a hook, bin, or divider.

Small Room Rule: If the same spot becomes messy every single week, that spot needs a system—not more willpower.

Shared-Room Cleaning

The cleanest roommate setups usually have simple, boring, clear rules. That is a good thing.

■ Agree on which zones are personal and which are shared.	■ Ask before using strong scents or sprays.
■ Decide who handles trash and how often.	■ Keep shared supplies in one caddy or labeled bin.
■ Decide who buys shared supplies like wipes or trash bags.	■ Use a weekly task rotation if needed.
■ Set a rule for leftovers and shared fridge items.	■ Choose quiet cleaning times that do not interrupt sleep or studying.

Shared Supplies Tracker

Item	Who buys it?	Replace when	Notes

Communal Bathroom Hygiene

When the bathroom is shared, the goal is to keep your items clean, dry, and easy to carry—not to create a huge routine.

■ Wear shower shoes or slides.	■ Hang towels so they fully dry.
■ Dry your shower caddy after use.	■ Wash towels at least weekly, or sooner if they stay damp.
■ Keep your toothbrush, razor, and skincare off shared counters.	■ Keep toiletries zipped or sealed so they do not leak.
■ Use a robe, towel wrap, or shower bag for the walk back.	■ Clean up your own hair or personal mess when possible.

Do not forget: Wet towels, damp caddies, and forgotten shower items are some of the fastest ways a dorm room starts to smell bad.

Mini Fridge Cleaning

Mini fridges create some of the biggest dorm smells. Build food checks into your weekly routine.

■ Check for expired food once a week.	■ Keep messy foods in leak-proof containers.
■ Wipe spills immediately.	■ Leave space around vents and shelves so cold air can circulate.
■ Use bins or zones for drinks, snacks, leftovers, and roommate items.	■ Do not overload outlets or daisy-chain power strips.
■ Label shared or personal items if needed.	■ Empty perishables before school breaks.

Mini Fridge Inventory

Food / drink	Owner	Use by	Trash?

Trash and Laundry Schedule

Most bad dorm smells come from one of four things: food trash, damp towels, dirty laundry, or forgotten fridge food.

Task	Recommended rhythm	Assigned to	Notes
Food trash	Every 1–2 days or same day if it smells		
General trash	2–3 times per week or when full		
Recycling	Weekly		
Laundry	Weekly or when hamper is 3/4 full		
Towels	Weekly; sooner if damp		
Sheets	Weekly or every 1–2 weeks		
Mini fridge food check	Weekly		

Weekly Reset Time

Day	Time	Task	Done?

Cleaning Supplies Checklist

■ Trash bags that fit your bin	■ Reusable cleaning caddy or bin
■ Disinfecting wipes or spray	■ Gloves for stronger cleaners
■ Multi-surface cleaner	■ Lint roller
■ Microfiber cloths	■ Hand soap
■ Paper towels	■ Tissues
■ Small broom and dustpan	■ Baking soda for odors
■ Mini vacuum or handheld vacuum	■ Extra zip bags or food containers
■ Laundry detergent	■ Suite bathroom: toilet brush / plunger
■ Dish soap and sponge	■ Wait to buy bulky tools until you know your room setup

What Not to Mix

Cleaning products should be used as directed on their own labels. Mixing them can create irritating or toxic fumes, especially in small dorm spaces.

Do not mix	Why it matters
Bleach + ammonia	Can create chloramine fumes. Ammonia may be in some glass or bathroom cleaners.
Bleach + vinegar or acidic cleaners	Can release chlorine gas. This can include toilet bowl cleaners or limescale removers.
Bleach + rubbing alcohol	Can create chloroform and other irritating byproducts.
Bleach + hydrogen peroxide	Can react strongly and should not be combined.
Vinegar + hydrogen peroxide	Can form peracetic acid, which may irritate eyes, skin, and lungs.
Different drain cleaners	Can react dangerously, build heat, or release fumes.
Layering multiple products on one surface	Rinse and dry first unless the label clearly says it is safe.

Safety rule: Use one product at a time, keep the area ventilated, and store products in their original containers. If fumes cause burning eyes, coughing, dizziness, chest tightness, or breathing trouble, leave the area for fresh air and contact Poison Control or emergency services.

Poison Control (U.S.): 1-800-222-1222 • poison.org

Safety note: This page follows common poison-control and public-health guidance about dangerous cleaner combinations.

Roommate Cleaning Agreement

Fill this out together before the room gets messy. Simple agreements are easier to actually follow.

Roommate 1	Roommate 2	Roommate 3 / other

Area / task	Who handles it?	How often?	Notes

Food / trash rule	
Guests coming over cleaning rule	
Fragrance / allergy rule	
Shared supply rule	
What we do if someone is busy	

Signature / date	
Signature / date	

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