



# 30 Day Declutter Challenge

## Office

Do away with items that you and your family do not need any longer, or something you have excess amount of.

Pens and pencils

Junk drawer

Paper:

- Magazines
- Files
- Newspapers
- Mail

Books

Notebooks

Envelopes

Staples

Stamps

## Bedroom & Closet

The best way to declutter a closet is by taking every item out, trying everything on, and putting back only the pieces that you know you will wear or use.

Shoes:

- Organize by season

Clothes:

- Off season pieces
- Working out clothes
- Undergarments
- Socks
- Check pockets for trash

Accessories:

- Hats
- Gloves
- Scarves
- Jewelry
- Belts
- Bags
- Wallets
- Luggage

## Electronics:

- Old laptops
- Cords
- Cables
- Plugs
- Chargers
- Memory cards

## Outerwear:

- Jackets
- Vest
- Coats

## Bathroom & Laundry Room

Checking expiration dates on products in the bathroom and laundry room, as well as sorting old linens, will help your space feel like new.

### Detergents

### Stain removers

### Mismatched socks

### Makeup

### Skincare

### Medications

### Soap

### Shampoo

### Cleaning supplies

### Linen closet:

- Bath towels
- Sheets
- Pillowcases
- Blankets
- Beach towels

## Kitchen & Dining Room

Being honest with yourself about what you use in your kitchen area will help make more drawer space for the future.

### Cookware

### Dishes

### Cutlery

### Glassware

### Utensils

### Small appliances

### Chairs at the table

### Food:

- Fridge
- Freezer
- Cupboards
- Pantry

## Attic, Basement & Garage

For years you have been hiding items in these ‘out of site, out of mind’ places.

Seasonal decorations

Toys

Furniture

Sentimental items:

- Photos
- Gifts
- Books
- Souvenirs
- Clothes

Hobby equipment:

- Bikes
- Kayaks
- Exercise equipment
- Art supplies

Emergency supplies:

- Check expiration dates
- Flashlights
- Candles
- Matches
- Batteries
- Light bulbs

## Plant & Pet Supplies

Taking care of a pet or plant can require many supplies.

Toys

Food containers

Tools

Gloves

Pots

Seeds

## Email

Decluttering your email can allow you to easily find important messages.

Retail store emails

Expired coupons

SPAM

Shipping confirmations

Past appointments and events

Are you in the process of decluttering?

We have plenty of resources to make this time as easy and enjoyable as possible. Visit Extra Mile at [extramile.thehartford.com](http://extramile.thehartford.com)