

100 Things to Declutter

Right Now

Kitchen & Dining

1. Expired Spices
2. Duplicate spatulas
3. Plastic containers with missing lids
4. Excess water bottles
5. Expired pantry foods
6. Chipped mugs or glasses
7. Unused small appliances
8. Extra takeout menus
9. Duplicate measuring cups
10. Excess grocery bags

Bedroom

11. Old pillows
12. Mismatched sheets
13. Broken lamps
14. Extra alarm clocks
15. Decor you don't love
16. Candles with no scent left
17. Old blankets you don't use
18. Books you will not read
19. Outdated electronics
20. Outgrown or worn pajamas

Closets & Clothing

21. Clothes that don't fit
22. Shoes you never wear
23. Worn-out socks
24. Wire hangers
25. Stretched-out sweaters
26. Outdated coats
27. Formal wear you'll never use
28. Belts you don't like
29. Purses you never carry
30. Scarves you don't wear

Garage & Basement

31. Broken tools
32. Extra paint cans
33. Holiday decor you don't use
34. Duplicate extension cords
35. Old sports equipment
36. Empty boxes
37. Old gardening supplies
38. Rusty nails or screws
39. Broken furniture
40. Extra coolers

Kids Items

41. Broken toys
42. Games with missing pieces
43. Outgrown clothes
44. Outgrown shoes
45. Stuffed animals they don't care about
46. Duplicate coloring books
47. Extra party favors
48. Broken crayons
49. Outgrown sports gear
50. Old school papers



Bathroom

- 51. Expired medications
- 52. Old makeup
- 53. Extra hotel toiletries
- 54. Nearly empty lotion bottles
- 55. Broken hair accessories
- 56. Expired sunscreen
- 57. Nail polish you don't use
- 58. Duplicate razors
- 59. Old toothbrushes
- 60. Samples you'll never try

Living Room

- 61. Old magazines
- 62. DVDs you don't watch
- 63. Remote controls for items you no longer own
- 64. Extra throw pillows
- 65. Broken decor items
- 66. Candles with no scent left
- 67. Excess picture frames
- 68. Old blankets you don't use
- 69. Books you'll never read
- 70. Outdated electronics

Office/ Paperwork

- 71. Junk mail
- 72. Expired coupons
- 73. Broken pens
- 74. Manuals for items you no longer own
- 75. Old receipts
- 76. Duplicate office supplies
- 77. Business cards you don't need
- 78. Old folders and binders
- 79. Outdated calendars
- 80. Empty printer cartridges

Digital Declutter

- 81. Apps you don't use
- 82. Old screenshots
- 83. Duplicate photos
- 84. Unneeded files
- 85. Subscriptions you don't use
- 86. Unused email accounts
- 87. Spam emails
- 88. Contacts you don't need
- 89. Bookmarks you never check
- 90. Outdated documents

Miscellaneous

- 91. Expired coupons in your purse
- 92. Old keychains
- 93. Old sunglasses
- 94. Broken umbrellas
- 95. Expired gift cards
- 96. Keys you don't know what they go to
- 97. Worn-out welcome mats
- 98. Bags you don't use
- 99. Duplicate pet supplies
- 100. Unused craft materials