

UpClean Solutions®



Building Value. Creating Healthier Spaces.

Professional Residential & Commercial Cleaning You Can Trust.

Deep Move-In & Move-Out Cleaning Checklist

Last Updated: July 2026 This checklist is subject to periodic updates as we continue improving our services.

Deep Move-In & Move-Out Cleaning Checklist

Know Exactly What's Included

At UpClean Solutions, we believe moving should be exciting — not stressful. Our Move-In & Move-Out Cleaning Checklist clearly outlines the tasks typically included in our Professional Move-In & Move-Out Cleaning services, so you know exactly what to expect before your scheduled cleaning appointment.

Every move is unique, and so is every property. Whether you're preparing to move into a new home, leaving a property in excellent condition, or getting a home ready for its next occupants, this checklist provides a detailed overview of the services included in our standard move-in and move-out cleaning package.

Review the tasks below to understand what's covered, compare available service options, and choose the cleaning solution that best fits your property's condition, timeline, and budget.

For homes requiring additional attention, explore our Deep Move-In & Move-Out Cleaning options and available Add-On Services for an even more comprehensive top-to-bottom cleaning. If you're unsure which service best meets your needs, our Instant Pricing System will recommend the right cleaning package based on your property's size, condition, and specific requirements—providing transparent pricing in just minutes with no hidden fees, no obligation, and no waiting.

□ BATHROOM CLEANING

Task	Deep Move-In & Move-Out Cleaning
Toilet	Deep clean & disinfect, including base & hard-to-reach areas

Sink & Faucet	Deep scrub sinks, faucet & drain; remove buildup
Mirrors	Deep clean & polish for crystal-clear finish
Shower / Tub	Deep scrub; remove soap scum & buildup
Countertops	Deep clean & disinfect; remove residue
Cabinets	Deep clean doors, drawers & handles
Chrome Fixtures	Deep clean, remove spots & tarnish
Floors	Deep clean incl. edges & corners
Trash	Empty & sanitize bins (inside & out)
Baseboards	Deep clean & wipe
Switches & Handles	Disinfect & detail clean
Windows (Interior)	Deep clean sills, frames & tracks
Grout & Tile	Deep clean & scrub grout lines
Hard Water Stains	Remove buildup
Toilet Surroundings	Clean behind & around toilet
Towels (upon request)	Neatly arranged per instructions

KITCHEN CLEANING

Task	Deep Cleaning
Countertops	Deep clean & degrease
Sink & Faucet	Deep scrub & sanitize drain & fixtures
Stovetop	Deep degrease & remove buildup
Microwave	Deep clean interior, exterior & turntable
Appliances	Deep clean & remove grease/smudges
Refrigerator	Deep clean exterior, edges & handles
Dishwasher	Clean exterior
Backsplash	Deep clean & degrease
Cabinets	Deep clean doors, drawers & handles
Floors	Deep clean incl. edges & buildup removal
Trash	Empty & sanitize bins
Windows (Interior)	Deep clean sills & tracks
Fingerprints (Doors/Handles)	Disinfect & detail clean
Grease Removal	Remove buildup

BEDROOM **CLEANING**

Task	Deep Cleaning
Dusting	Deep dust & detail all furniture
Floors	Deep vacuum & clean edges/corners
Carpets	Deep vacuum (high-traffic focus)
Furniture	Deep dust & detail all surfaces
Décor	Deep dust & detail items
Bed Making	Upon request
Mirrors	Deep clean & polish
Trash	Empty & sanitize bins
Baseboards	Deep clean & wipe
Windows (Interior)	Deep clean sills & tracks
Fingerprints	Remove & disinfect
Organization	Full room straightening & organization

LIVING ROOM / DINING / HALLWAYS / STAIRS

Task	Deep Cleaning
Floors	Deep clean incl. edges & corners
Carpets	Deep vacuum
Upholstery	Deep vacuum incl. cushions & seams
Dusting	Deep dust & detail all areas
Décor	Deep detail cleaning
Mirrors / Glass	Deep clean & polish
Windows (Interior)	Deep clean sills & tracks
Stairs	Deep clean & detail
Hallways	Deep clean & detail
Trash	Empty & sanitize bins
Baseboards	Deep clean & wipe
Doors & Switches	Disinfect & detail
Patio Doors	Deep clean inside & accessible exterior
Organization	Full detailed organization
Light Fixtures/Fans	Deep dust & clean (within reach, we do not exceed six-feet high)

□ SUMMARY ROW

Category	Deep Cleaning
Level	Restoration-level cleaning
Effort	Intensive
Goal	Restore cleanliness
Frequency	Monthly/Every 2 to 3 months/Seasonal / Move-in / Move-out

Professional Deep Cleaning & Add-On Services

<u>Add-ons</u> <u>Category</u>	<u>Service Code</u>	<u>Add-ons Description</u>
Service Upgrades	RES-PDE-001	Upgrade to Professional Deep Cleaning & Add-Ons
Residential ProClean Package (Included at No Additional Cost)	RES-CSC-005	100% Customer Satisfaction Commitment
	RES-EPA-100	EPA Safer Choice & Eco-Friendly Certified Cleaning Products
	RES-RSS-222	Sanitation Services
	RES-WRR-806	Waste & Recycling Collection and Disposal
Professional Disinfection Services	RES-HGD-104	Hospital-Grade Disinfection
	RES-EDS-103	Electrostatic + Hospital-Grade Disinfection
Professional Carpet Cleaning & Restoration Services	RES-CSD-113	Carpet Shampooing & Deep Extraction
	RES-CHD-114	Carpet Cleaning with Hot Water Extraction (Steam Cleaning)
	RES-CCR-115	Carpet Cleaning & Restoration
Professional Carpet Protection Services	RES-ORS-116	Professional Odor Removal Service
	RES-SSP-118	Carpet Stain & Soil Protection
	RES-CPF-119	Carpet Protection Film Installation

Professional Hard Floor Care & Restoration Services	RES-DSC-121	Professional Hard Floor Deep Scrubbing & Cleaning
	RES-TGC-122	Professional Tile & Grout Cleaning
	RES-SWR-123	Floor Stripping & Waxing Restoration
	RES-FSR-124	Floor Screening & Recoating
	RES-CPS-127	Concrete Polishing and Sealing
	RES-FSR-126	Hardwood Floor Sanding & Refinishing
Professional Upholstery Cleaning Services	RES-UDC-913	Dining Chair (1-Chair) - (Hot Water Extraction-Steam Cleaning)
	RES-UBS-914	Bar Stool (1-Bar Stool) - (Hot Water Extraction-Steam Cleaning)
	RES-UOC-915	Ottoman (1-Ottoman) - (Hot Water Extraction-Steam Cleaning)
	RES-UAR-921	Armchair or Recliner (1-Seater) - (Hot Water Extraction-Steam Cleaning)
	RES-USL-922	Sofa Loveseat (2-Seater) - (Hot Water Extraction-Steam Cleaning)
	RES-USR-923	Standard Sofa (3-Seater) - (Hot Water Extraction-Steam Cleaning)
	RES-USS-924	Sofa Set (3-Seat Sofa + 1-Loveseat) - (Hot Water Extraction-Steam Cleaning)
	RES-UXS-925	Extra-Long Sofa (4-Seat) - (Hot Water Extraction-Steam Cleaning)
	RES-USA-926	Sectional: Sectional (5-Seat) - (Hot Water Extraction-Steam Cleaning)
	RES-ULS-927	Large Sectional (6-Seat) - (Hot Water Extraction-Steam Cleaning)
	RES-UMS-928	Max Sectional (7-Seat) - (Hot Water Extraction-Steam Cleaning)
Professional Mattress Cleaning Services	RES-UHB-929	Upholstered Headboards and Bed Frames (1-Any Bed Size)
	RES-UTF-930	Twin & Full Mattress (1-Mattress) (Hot Water Extraction-Steam Cleaning)
Professional Area Rug Cleaning Services	RES-UQK-931	Queen & King Mattress (1-Mattress) (Hot Water Extraction-Steam Cleaning)
	RES-RSS-932	Accent / small Size in inches (24" x 36"), (36" x 60") & (48" x 72") (Hot Water Extraction-Steam Cleaning)
	RES-RMS-933	Medium size in inches (60" x 96") & (72" x 108") (Hot Water Extraction-Steam Cleaning)
	RES-RLS-934	Large size in inches (96" x 120") & (108" x 144") (Hot Water Extraction-Steam Cleaning)
	RES-ROS-935	Oversized in inches (120" x 168") (Hot Water Extraction-Steam Cleaning)

Professional Window & Glass Cleaning Services	RES-WBC-960	Complete Exterior Window Cleaning & Detailing
	RES-EWC-961	Complete Exterior Glass Door Cleaning & Detailing
	RES-EEW-962	Complete Exterior Window & Glass Door Cleaning & Detailing
Professional Pressure Washing Services	RES-CPW-188	Complete Exterior Surface Pressure Washing
	RES-CPW-189	Complete Exterior Surface Deep Cleaning & Pressure Washing
Professional Pool Cleaning & Restoration Services	RES-RPC-150	Robotic Pool Cleaning & Water Balancing
	RES-PSR-151	Deep Pool Stain Removal & Restoration
Professional Kitchen Deep Cleaning Services	RES-OSD-160	Inside Oven & Stove Deep Clean
	RES-FFR-162	Fridge or Freezer Interior Refresh
	RES-CDC-163	Interior Cabinet & Drawer Cleaning
	CML-HVG-179	Hood, Vent & Grease Removal Services
Professional Laundry Room Cleaning & Detailing Services		
	RES-LWD-170	Laundry Area & Washer/Dryer Cleaning
Professional Interior Surface Cleaning & Detailing Services	RES-BCD-152	Interior Wall Cleaning & Detailing
	RES-AVC-156	Air Vent Cover Cleaning & Detailing

Professional**Specialty**

Cleaning Services RES-HDC-011 High Dusting

RES-RWD-402 Recycling & Waste Sorting, Loading & Responsible Hauling

Professional**Waste,****Recycling &****Disposal****Services**

RES-DDD-403 Secure Document Disposal & Destruction Services

RES-MWD-404 Medical Waste Disposal Coordination

RES-RWD-405 General Recycling, Waste Removal & Disposal Services

RES-DRC-406 Dumpster Rental Coordination (Third-Party Vendor Services)

RES-FRW-407 Full-Service Recycling, Waste, Disposal & Dumpster Coordination Package

Professional**Furniture**

Rearrangement Services RES-LFR-777 Light Furniture Rearrangement (2-Person Team)

Seasonal Snow**& Ice Removal****Services**

RES-RSR-778 Snow Removal - Vendor Coordination (Shoveling, Plowing & Salting Complete Package)

Professional**Floor Mat****Rental &****Exchange****Services**

RES-MVC-779 Mats Rental Vendor Coordination

What's Next?

- Get Your Instant Price
- Compare Our Professional Deep Cleaning Checklist
- Explore Residential Cleaning Add-On Services

- Contact Our Cleaning Specialists

Service Disclaimer: Cleaning tasks may vary depending on the size, condition, occupancy, accessibility, and overall cleanliness of the property. Additional services may be recommended for homes requiring deep cleaning, specialty cleaning, or extensive buildup. Services are performed in accordance with UpClean Solutions' service standards and safety guidelines.



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