

# San Diego Spring Cleaning Checklist

The room-by-room list built for the coast — Bravo Maids

Spring cleaning in San Diego is not the same as spring cleaning anywhere else. From October through March, Santa Ana wind events sweep pollen, sage particulate, and fine silica through open windows, while the nightly marine layer keeps indoor humidity high enough to sustain mold and biofilm in bathrooms, window sills, and grout lines. By spring, coastal homes in Ocean Beach, Pacific Beach, La Jolla, and Coronado carry 90-plus days of accumulated biofilm, pollen, and salt aerosol. This room-by-room checklist accounts for all of it. Items marked **[COASTAL]** are specific to San Diego's marine-layer microclimate and are often skipped by generic national checklists.

## Kitchen

*The kitchen generates the highest contamination density of any interior room. After winter, range hood filters, oven interiors, and refrigerator coils carry the most buildup. The window above the sink is a common marine-layer mold site.*

- Clean inside the oven — racks removed, door glass both sides
- Degrease and soak range hood filters (15-min dwell)
- Clean inside the refrigerator — all drawers and shelves removed
- Vacuum refrigerator condenser coils behind the kickplate
- Descale faucet aerator — soak in white vinegar (hard-water calcite) **[COASTAL]**
- Degrease backsplash tile and scrub grout lines
- Clean window above sink — glass, frame, and sill (check for mold) **[COASTAL]**
- Wipe all cabinet faces, drawer interiors, and hardware pulls
- Sanitize garbage disposal and clean trash can interior
- Clean dishwasher interior — spray arms, filter, and door gasket
- Wipe down and sanitize all small appliances
- Sanitize high-touch surfaces — switches, handles, outlet plates

## Bathrooms

*Bathrooms are the highest marine-layer mold risk in any San Diego home. After winter, grout, caulk, and window sills near the coast carry measurable biofilm even in regularly cleaned homes. Exhaust fan covers and shower door tracks are the most overlooked.*

- Scrub toilet — bowl (descaler dwell), exterior base, and behind tank
- Inspect and treat grout lines for mold — 275°F steam on wet zones **[COASTAL]**
- Inspect and scrub caulk lines — replace if blackened (subsurface mold) **[COASTAL]**
- Remove and descale showerhead — soak 20 min in white vinegar **[COASTAL]**
- Clean exhaust fan cover — remove, wash, confirm airflow **[COASTAL]**
- Clean shower door tracks — flexible brush and hydrogen peroxide
- Sanitize sink, drain, and overflow port
- Clean window sill and frame — check for marine-layer mold **[COASTAL]**
- Wipe baseboards and quarter round — sanitize, do not just dust
- Disinfect all light switch plates and outlet covers

## Living Areas

*Living rooms accumulate pollen and particulate from winter Santa Ana events. Window tracks, blinds, and HVAC vents are the highest-load surfaces after a San Diego winter, especially near Torrey Pines, Pacific Beach, and Ocean Beach.*

- Vacuum all upholstered furniture — cushions removed, sides, underneath
- Pull furniture from walls — vacuum and clean underneath and behind
- Dust ceiling fan blades — damp wipe (dry-dusting recirculates particulate)
- Clean window tracks and weep holes — remove salt aerosol and pollen **[COASTAL]**
- Vacuum window blinds or launder washable curtains **[COASTAL]**
- Replace or clean HVAC air filters — critical after winter pollen season **[COASTAL]**
- Wipe baseboards and crown molding — full perimeter **[COASTAL]**
- Disinfect light switches, outlet plates, and remote controls
- Dust all shelving, book spines, picture frames, and décor

## Bedrooms

Bedrooms accumulate the highest allergen load per square foot of any room — primarily via the mattress (dust mite colonies) and open windows during Santa Ana events. The mattress is almost always skipped in standard maintenance cleans.

- Vacuum mattress top and sides — HEPA-13 upholstery attachment
- Launder duvet cover, pillow shams, and pillow protectors
- Pull bed frame and nightstands from walls — vacuum underneath
- Dust all flat surfaces — dresser tops, nightstands, top of wardrobe
- Clean window sill and blinds — check for pollen and mold [\[COASTAL\]](#)
- Vacuum closet floor, shelves, and under hanging section
- Sanitize nightstand, lamp bases, and bedside hardware
- Wipe baseboards, door frames, and window sills

## Outdoor & Coastal Specifics

San Diego's year-round outdoor living means patios and exterior surfaces need seasonal attention. Salt aerosol from the Pacific accelerates corrosion on hardware and furniture frames. Essential for homes in Ocean Beach, Coronado, La Jolla, and Pacific Beach.

- Wipe outdoor furniture — degrease frames, treat fabric surfaces [\[COASTAL\]](#)
- Sweep and clean patio or deck surface — remove salt-bonded debris [\[COASTAL\]](#)
- Remove salt aerosol from exterior door hardware — hinges, handles [\[COASTAL\]](#)
- Sanitize garbage and recycling bin exteriors
- Wipe garage door interior panels — remove cobwebs and salt deposits [\[COASTAL\]](#)
- Clean outdoor light fixtures — remove covers, wipe, replace bulbs

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