

200 Things to Throw Away, Give Away or Recycle.

The Bathroom

- Old makeup and beauty products.
- Towels. Get rid of the threadbare towels. Keep two per person at most.
- Shampoo and hair products with that little bit in the bottom that you never got to use.
- Unused Hair accessories and stretched out elastics
- Dried up nail polish
- Dodgy bath mats
- Smelly sponges and face cloths
- Air fresheners that stopped working a month ago.
- Sad looking shower soap.
- Toothbrushes if they are more than 6 months old.
- Your mascara if it's older than 6 months too.
- Bad hairbrushes (the ones that you don't use because they simply suck)
- Expired medicines and vitamins
- Hair dryer attachments. It's been long time since I used a diffuser (If you're under 35 you may need to look this up).
- Old dental floss
- blunt razors
- electric razors without the charger
- Kids moldy bath toys
- Bathroom scales. Do these enrich your life at all?

The Bedroom

- Clothes that you haven't worn for over a year.
- Clothes that are too big, or too small.
- Old shoes that are broken or you don't wear.
- Socks. The odd ones and the sad looking ones too.
- Underwear that isn't comfortable, doesn't fit or makes you think of your grandmother.
- Broken, unused or unwanted Jewellery.
- The stuff under the bed.
- Stockings with runs
- Wire coat hangers.

- ❑ Kid old baby teeth. Think about it, do you really need these? I found 6 in my jewellery box. 6! I must have hidden them there after a late night 'tooth fairy visit'.
- ❑ Jackets that no-one wears.
- ❑ Hand me down piles of clothes that you know the next sibling won't actually wear.
- ❑ Worn swimming clothes.
- ❑ Old prom dresses. Keep the photo's, lose the dress.
- ❑ Bags and purses you just don't use anymore.
- ❑ Evening dresses you know you won't wear again.
- ❑ Your wedding dress (unless your daughter plans on wearing it).
- ❑ Hubbys suits that have dated (or doesn't fit)
- ❑ The dozens of ties he won't wear again.
- ❑ Old sunglasses.
- ❑ Novelty T Shirts
- ❑ Old Belts
- ❑ Scarves you don't use
- ❑ High heel shoes that you can't walk in.

The Garage or Basement

- ❑ Product packaging and cardboard boxes you keep 'in case' you need them. You can always get another box if you need it.
- ❑ Technology products, electrical cords and remotes that don't work or you don't use (you can recycle these at your local recycle station).
- ❑ Half finished projects that sit tucked away in a box somewhere.
- ❑ Old newspapers.
- ❑ Old magazines.
- ❑ Books you have read or don't serve you anymore.
- ❑ Old bills and paperwork over 7 years old.
- ❑ Old paint (contact your local refuse centre to find out how to do this safely)
- ❑ Electrical Tools that you don't use or don't work.
- ❑ Hand tools that you don't use.
- ❑ broken Christmas lights.
- ❑ air beds that don't make it through the night.
- ❑ Broken camp chairs.
- ❑ hammock you've never used.
- ❑ Solar lights that don't shine at night any more.
- ❑ Sports equipment you will never, ever use. Yup. Those fitness DVD's too.
- ❑ The box of nails, screws and other metal things you keep for that 'one time you may need it'. If that time comes just go get the thing you need.
- ❑ Old soccer balls. The deflated ones that the kids don't use.
- ❑ Fishing Gear that won't be used including that tangled mess of fishing line. You will never untangle it.
- ❑ Car parts.

- ❑ Old batteries for just about everything.
- ❑ Pet supplies that you won't be using anymore.
- ❑ Dried up paint brushes and rollers you never got round to cleaning.

The Linen Cabinet

- ❑ Excess Linen. Keep two good sets per bed in the house. This is plenty for the home.
- ❑ Anything worn or torn
- ❑ Electrical blankets that don't work.
- ❑ Too many Winter blankets. One for each bed should do it.
- ❑ Old pillows.
- ❑ Whites that you've been intending to bleach. Either bleach them or lose them.
- ❑ Bags of buttons, zippers and odds and ends you've been collecting for the past 8 years.
- ❑ Baby clothes. Keep one or two really sentimental pieces and then give the rest to someone we could use it.
- ❑ Table clothes you don't use.
- ❑ Quilts that your family has outgrown.

The Kitchen

- ❑ Kitchen utensils. Do you actually use all three of those bottle openers? Choose one good one and get rid of the rest.
- ❑ Chipped cups, plates and bowls. I know they still work, but rather have two good bowls than ten cracked ones.
- ❑ Excess cutlery. Keep enough cutlery for your family plus a few guests. Think back to the past few years. How many people at most have you ever had round at one time?
- ❑ Old kitchen spices you simply don't use or used once for that that one recipe that time. Spices and herbs lose their effectiveness over time and can get a little damp and Mouldy.
- ❑ Expired foods from the pantry, freezer or fridge.
- ❑ Old dishcloths.
- ❑ Plastic Tupperware without a matching lid.
- ❑ Excess school lunchboxes and drink bottles. One each is plenty.
- ❑ Kitchen cleaning cloths and sponges. These are germ and bacteria magnets.
- ❑ Everything in that bottom drawer in the kitchen. We all have one of those. I have two.
- ❑ The excess bottles of cleaning products. Don't buy more until they are finished.
- ❑ Empty bottles.
- ❑ Potatoes and onions that have started to sprout.

- ❑ Unused Egg Cartons (is it just me, or do you have a stash of these too?)
- ❑ Kitchen Pots and Pans. How many do you use each night?
- ❑ Excess baking dishes.
- ❑ Novelty baking dishes.
- ❑ Cheap pans that stick and burn the food when you use them.
- ❑ stubby coolers.
- ❑ Spare electrical appliances 'in case one breaks'. Figure it out if the kettle actually breaks.
- ❑ Damaged cans of food. You just can't trust rusted or dented cans anymore. The food inside may be compromised.
- ❑ Gloves with holes in. The water is not supposed to get inside.
- ❑ Pet snacks (I found tooth brushing pet snacks in my pantry?? Don't even remember buying those.)
- ❑ Fridge magnets you don't actually use or are broken or fall off the fridge.
- ❑ The stack of paper you've stuck to the fridge.
- ❑ Recipe books. No! This is my kryptonite. Copy or write out the recipes you actually use and keep them in your kitchen recipe binder.
- ❑ Novelty coasters.
- ❑ tea light candle holders. all of them.
- ❑ keys. and more keys. why?
- ❑ Party supplies.
- ❑ Take out chopsticks and plastic cutlery.
- ❑ novelty appliances: chocolate fountain, hotdog warmer, slushy machine, fairy floss maker.

The Kids Room

- ❑ Crayons, pencils and school stationery that you stash at the end of every school year.
- ❑ Puzzles with missing pieces.
- ❑ Toys the kids don't play with or love anymore.
- ❑ Games they have outgrown
- ❑ colouring and activity books they have completed.
- ❑ Unused stationery
- ❑ Collections of rocks, dried up beetles and broken shells. You have kids. I know you know what I mean.
- ❑ Dress up clothes they don't use (although these seem to make a come back when they are teens, so maybe just toss the ones that don't fit)
- ❑ Old School uniforms
- ❑ Anything that smells a little funky.
- ❑ School bags with broken zippers.
- ❑ Pencil bags with broken zippers.
- ❑ Shoes they have outgrown
- ❑ Outdated Duvet covers. It's time to get My Little Pony linen off your twelve year old daughters bed.
- ❑ Ornaments they don't care for anymore.
- ❑ Most of the stuff in the toybox.

- The toybox.
- Baby things you don't plan on using again like cots, prams and baby baths.

The Living Area

- Picture frames you never hang on the wall.
- Home decor items that simply don't fit in your home anymore. I have these two huge grass lamps that I have lugged around with me for years. They were expensive, so I felt I had to keep them. It's time for them to go.
- DVD's you won't be watching again. And for some us VHS cassettes if you have them. It's time.
- CD's you don't listen to.
- Vases you never use. Unless you love it or use it, get rid of it.
- Fake or plastic flowers. It's time to let these go.
- Unwanted gifts. Re-gift anyone?
- Lounge cushions that you don't love.
- Junk Mail
- Ornaments that you're sick of dusting.
- Old rugs
- Art that doesn't move you.
- Broken anything.
- Baskets of kids toys - pack them back in the kids rooms or get rid of them.

The Home Office

- Last years Christmas cards. Actually all greeting cards unless they mean something to you.
- Christmas and birthday wrapping paper.
- Wrapping bows and ribbon.
- Dried up glues. They cannot be revived.
- Love letters from past old flames. You don't need to hang on to that.
- Old planners or Diaries.
- Broken or old Files
- Half used exercise books
- Pens that only work sometimes
- Scissors that cut badly
- Staplers that don't work.
- Punch missing the little plastic thingy underneath (you don't need to waste time picking up all the little pieces of white paper)
- Excess paper clips.
- broken staple rows. Trust me on this one.
- Sticky tape that breaks when you try and pull a piece off.
- Old printers or ink cartridges.
- Old phones.

- ❑ Past Calendars
- ❑ Past years school textbooks (unless you have a sibling that's going to need them).
- ❑ Phone books. We have the internet now.
- ❑ Instruction manuals. You can get most of these online.
- ❑ Old catalogues
- ❑ Outdated computer software CD's and instruction manuals (have you ever tried to read one of these. Besides we have the kids to do this for us now)

Your Handbag

- ❑ Loyalty Cards
- ❑ Receipts
- ❑ Expired Coupons
- ❑ Bobby Pins
- ❑ Old address books
- ❑ Half used chopsticks
- ❑ Food wrappers
- ❑ Old napkins
- ❑ Expired candy or gum (don't judge me please)
- ❑ Parking Tickets
- ❑ Business Cards
- ❑ Small Change
- ❑ Kids School notices from last year.

On your Computer

- ❑ Decide on a computer filing system and move the stuff you want into folders.
- ❑ Delete Duplicate Photos
- ❑ Delete emails you don't need
- ❑ Delete folders and documents you don't need.
- ❑ Stop checking email addresses you haven't used for 5 years.
- ❑ Make ONE password and login file. Update it regularly and keep it safe.

The Garden

- ❑ Plastic plant pots if you aren't going to actually use them (a gardening friend would love to take them)
- ❑ Bags of fertilizer. Just go spread it on the garden.
- ❑ Bags of seeds. Plant them or give them to a friend.
- ❑ Spades. Unless you use them for a living, chances are one will last you a lifetime.
- ❑ Broken buckets. It's not a bucket anymore if it has a hole in it.
- ❑ Pets water bowls. Decide on one good quality, large bowl and keep it refilled,

- Sports equipment that's broken or unused
- Plants in pots that are not looking their best or need to be re-potted. Re-pot or give away.
- Piles of leaves or debris. Decide on one place and build a compost bin. Clear the rest.
- Building supplies, you don't have a plan for.
- Broken wheelbarrows.
- Rusted and blunt saw.
- Crappy hose attachments. Get a good quality copper set that will last a lifetime.
- Excess garden hoses.
- Broken garden ornaments. OK. Any garden ornaments you really don't like anymore.
- Deflated pool floaties.
- gardening glove. the one without a match.

The Car

- Random shoes
- food wrappers
- old cd's
- kids clothing
- sports gear
- beach towels from last weekend
- broken sunglasses
- kids toys
- dried up wet wipes
- most of the spare change (leave some for parking meters)
- Water bottles