



DeCluttr Me™

ITEMS TO DISPOSE LIST

	ITEMS	THROWN?
PAPER	Scraps of wrapping paper and wrinkled ribbon and bows for gift wrap	
	Post-it notes	
	Cards given which have no sentimental value	
	Receipts	
	Magazines	
	Newspapers	
	Leaflets	
	Take away menus – you only need one from KFC. Throw the rest away.	
	Bills and bank statements you don't need to keep	
	Expired vouchers/coupons	
	Old paperwork	
	Wedding invites and Save the dates (after you have upload pictures of them onto pinterest to inspire others)	
	Old mail	
	Junk mail	
	Travel brochures (why do you have them in this internet age?)	
	Unused stationery, stickers, folders, etc	
	Unsticky, ripped or used envelopes	
	Old calendars, diaries and planners	
	Papers you have backed up on your computer	
	Books which you will never read and which you have read and will not display	
	Old manuals for electronics, etc.	
	Empty boxes	
	Cards or gifts from exes	
Old schoolbooks you will never use again		
CLOTHES	Socks, tights, underwear and vests with holes	
	Old t-shirts – you only need about 3 old t-shirts for gym and DIY	
	Shoes that don't fit or are broken	
	Other side of pair of lost earrings.	
	Rusty jewellery.	
	Necklaces and bracelets with broken clasps (unless you can get it fixed at a jewellery – try the New Gold and Diamond Park in Dubai)	
Old/tired bras		

	Old underwear or swimwear that is losing its stretch	
	Scarves that you are never going to use	
	Clothes that don't fit, outdated	
	Damaged clothes	
	Stained clothing that you cannot clean	
	Old and extra buttons	
	Worn out sheets and bedding	
	Wallets, purses and handbags which are broken or never used (except designer, keep them or sell them on ebay, designer market, etc)	
	Ripped denim (unless it is in fashion at the time)	
	Old or unused hangars	
	Freebie or promotional t-shirts you never wear	
	Hand me downs you are guilt tripped into keeping	
Kitchen items	Old spices and herbs	
	Expired tinned foods and packets	
	Kitchen utensils you do not use or you have two of	
	Expired sauces	
	Scratched non stick cookware	
	Empty or new empty bottles of cleaning products	
	Flatware, plastics, glasses that don't match the rest of your collection	
	Extra Tupperware you don't need	
	Random containers and jars	
	Extra and unused mugs and tea cups	
	Frequent shopper card you never use	
	Old shopping bags	
	Matchbooks	
	Magnets	
	Expired food	
	Broken kitchen equipment	
	Old sweets and chocolate	
Bathroom items	Old makeup and toiletries (including sample size)	
	Dried nail polish	
	Old/frayed towels and bathmats	
	Expired medicine	
	Hair accessories that you do not use	
	Hair elastics that have lost stretch	
Electronics	Old and damaged CD's/DVD's	
	Outdated electronics	
	Cables and wires that are not used	
	Broken electronics	
	Old and broken phones, phone cases and phone accessories	
	Old/unused batteries	
	Computer cord, firewire cord, etc	

	Old and outdated software CD's	
	Delete email subscriptions from sites	
	Delete email you don't need	
	Delete unwanted music from iTunes	
	Broken Christmas lights (and decorations)	
MISC	Leftover change	
	Dried flowers	
	Little knick knacks (keep them in a bowl together)	
	Gifts you don't like	
	Toys your pets don't play with	
	Pet food that is old and not eaten by your pets	
	Pens that don't work	
	Spare furniture parts you don't need	
	Furniture manuals	
	Old crayons or art supplies and markers that have run out of ink	
	Unused vases	
	Wedding favours you don't use	
	Games that have missing pieces	