

55 things you should THROW OUT

the bathroom

1. Expired or unused makeup
2. Unused toiletries
3. Broken jewelry
4. Rusted/ruined jewelry
5. Earrings missing their mate
6. Expired medications
7. Dry or goopy nail polish
8. Unused hair products
9. Worn or torn towels

the bedroom

10. Worn or torn clothes
11. Shoes that don't fit
12. Shoes without a mate
13. Clothes you haven't worn in over a year.
14. Worn or saggy work out clothes
15. Old bedding
16. Socks with holes
17. Nylons/pantyhose with runs
18. Extra clothes hangers
19. Ill-fitting clothing

the garage

20. Unpacked boxes
21. Broken tools
22. Half finished projects
23. Baby/kid items you don't need
24. Broken/unused furniture
25. Excess or broken luggage
26. Old oil or other car parts
27. Broken or unused sports equipment

the office

28. Books you've never read
29. Books you'll never read again
30. Old magazines and newspapers
31. Pens that don't work
32. Pencils without erasers
33. Old or broken electronics
34. Electronic packaging
35. Notes or papers you don't need
36. Old mail or bills
37. Old receipts
38. Old computer software and games
39. Old calendars

the kitchen

40. Broken or chipped dishes
41. Unused recipe books
42. Unnecessary takeout menus
43. Mismatched plastic containers
44. Expired food
45. Excess cookware and bakeware
46. Spices that are never used
47. Excess serving dishes and silverware
48. Unused or broken kitchen tools

miscellaneous items

49. Worn or torn blankets
50. Wrapping paper scraps
51. Fabric and craft scraps
52. Instruction manuals that are online
53. Old paint
54. Unused or broken toys
55. Expired debit, credit, loyalty cards