Paint a Room Checklist

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# Tasks:

☐ **Painting Supplies**

☐ **Basin or bucket of water**

☐ **Cellulose Sponge**

☐ **Mild Diswashing Liquid**

☐ **Sponge Roller**

*You may want one with a retractable or attachable handle for ceilings or high walls.*

☐ **Wall Paintbrush**

☐ **Sash or Trim Paintbrush**

☐ **Cans of Paint(s) in the color(s) of your choice**

☐ **Roller Tray**

☐ **Blue Painter's Tape**

☐ **Plastic sheeting to cover the floors**

☐ **Tarps or old bedsheets to cover any furniture**

☐ **Appropriate Paint Thinner if using non-latex paint**

☐ **Primer**

☐ **Disposable gloves**

☐ **Clothes you can paint in**

☐ **Surgical Mask (optional)**

☐ **Ladder**

☐ **Prep the Room**

☐ **Cover the floor with plastic sheeting.**

☐ **Move as much furniture or belongings out of the room as you can.**

☐ **Arrange remaining ;furniture ;in the middle of the room, where it will be safer from any paint splatter.**

☐ **Cover any remaining furniture with tarps or old bedsheets.**

☐ **Tape edges with blue painter's tape**

*Put tape where the wall meets the door and window frames and any moldings.*

☐ **Prepare a bowl with water and dishwashing liquid.**

☐ **Soak sponge in the liquid, and remove any rust, dirt, stains or grease spots from the walls.**

☐ **Rinse sponge in clean water and gently wipe walls free of any soap residue.**

☐ **Prime the walls with primer**

*Primer will maximize sheen and give paint an overall even appearance.*

☐ **Prep your Roller**

☐ **Dampen roller in water or ;appropriate thinner (for non-latex paint).**

☐ **Squeeze out excess liquid by rolling on kraft paper or a grocery bag.**

☐ **Open cans of paint and mix with wooden mixer.**

☐ **Pour paint into well of roller tray until half full**

*;Set roller in the middle of tray well.*

☐ **Roll roller back and forth up the tray slope, stopping just short of the well**

*Ensure the roller absorbs paint fully.*

☐ **Prep your Brush**

☐ **Dampen roller in water or ;appropriate thinner (for non-latex paint).**

☐ **Swirl brushes in paint can to mix.**

☐ **Dip brush halfway in paint**

*Remove excess by scraping brush on sides of can.*

☐ **Painting the Walls**

☐ **Roll from the corner**

*Use your roller by starting at the corner and painting in a 3x3 "W" pattern, then fill in the sections.*

☐ **Paint one wall at a time**

*Keep using the "W" (or M) pattern, and fill in the spaces.*

☐ **Use your brush where you can't roll**

*Brush around doorframes, windows, and moldings.*

☐ **Save the trim for last**

*Wait until walls are completely dry, then tape where wall meets the trim.*

☐ **Paint the trim using a trim or sash brush**

*Hold the brush handle as you would a pencil.*

☐ **After Painting**

☐ **Remove painter's tape before wall dries, so as to avoid removing any paint.**

☐ **Check for any uneven or missed spots**

*Touch up with your brush.*

☐ **Clean brushes and rollers with warm water (latex paints)**

*Make sure water runs clear before setting tools out to dry.*

☐ **Keep doors and windows open for fume ventilation.**

☐ **Remove floor sheeting and furniture covering, after walls have dried completely.**