

Paint a Room Checklist

By Lauren Meir

- Painting Supplies
 - Basin or bucket of water
 - Cellulose Sponge
 - Mild Dishwashing 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.