

# 100 ITEMS TO Throw Away

- Old birthday cards
- Broken Toys
- DVD's you never watch
- CD's you don't listen to
- Board games you no longer play
- Multiple sets of playing cards
- Books you never read
- Cookbook's you've never used or no longer use
- Old Phonebooks
- Pens that have dried up
- Socks without a mate
- Shoes that are too small or old
- Old or damaged clothes
- Expired sunscreen
- Expired Medication
- Old vitamins
- Dried up nail polish
- Old Makeup Brushes
- Old lotions
- Old and worn out hairbrushes
- Perfumes you don't like
- Old worn out towels
- Worn out bath mats
- Old toothbrushes
- Paperwork older than 7 years
- Excess notebooks
- Takeout menu's you never order from
- Paper Manuals you can find online
- Old College or High School Papers
- Magazines you have read
- Old newspapers
- Artwork you have never framed
- Old receipts
- Placemats and napkins that never get used
- Old plastic food containers
- Excess cutlery
- Cups and mugs you never use
- Magnets on the fridge
- Storage containers with missing lids
- Unused flower vases
- Unused craft supplies
- Old ribbon and gift wrap
- Plastic bags
- Cardboard boxes
- Dried up paint
- Old rollers and paint brushes
- Old electronics - cell phones, tablets, gaming systems
- Cord and cables from old electronics
- Multiple phone chargers
- Baby gear your children have grown out of

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- Wax warmer bars you don't like
- Worn out sheets and bedding
- Old pillows
- Scarves you never wear
- Old prom dresses
- Purses you never carry
- Extra shoelaces
- Earrings that don't have a match
- Broken hair ties
- Hair accessories and irons you don't use
- Gifts you don't like
- Old wallets
- Old sunglasses
- Posters you will never hang up again
- Old children's artwork
- Broken phone cases
- Expired coupons and vouchers
- Old invitations and save the dates
- Old bank statements
- Business cards you don't need
- Empty gift cards
- Unused stationary
- Old keys
- Used ink cartridges
- Old planners
- Old post-it notes
- Samples and travel toiletries
- Duplicate photos
- Dried flowers
- Little Knickknacks
- Multiples of cooking utensils
- scratched nonstick cookware
- Old or broken hangers
- Bills you already paid
- Empty bottle of cleaning products
- Children's plates you no longer use
- Wedding favors
- Travel brochures
- Old Spices
- Old calendars
- Expired food
- Christmas lights that don't work
- Old and outdated software
- Excess cleaning rags...you only need a few
- Tea light candles
- Old Sneakers
- Bobby Pins - no you do not need a package of 100.
- Plastic cutlery
- Old decorations
- Paychecks older than 2 years