

# February Damp Defense Checklist

## Rooting Out Moisture – Your Week-by-Week Plan for Portland & Vancouver Homes

**BENCHMARK RESTORATION & CLEANING – HEALTHY NORTHWEST HOMES SINCE 1988**

**February focus:** Tackle persistent PNW rain and humidity to prevent mold, musty odors, and allergens. Keep indoor humidity 35–50% (use hygrometer + dehumidifier). Effort levels: Low (30 min), Medium (45–60 min), High (60–90 min).

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### Week 6 | Feb 1st - 7th: Entryway Erosion Control (Low-Medium Effort)

Prevent tracked-in mud and moisture from spreading like "runoff" in a garden.

- ☐ Days 1–3: Scrub mudroom floors, mats, and boot trays with hot soapy water; launder absorbent mats if machine-safe.
- ☐ Days 4–5: Wipe down boots, coats, hooks, and storage bins; organize seasonal gear.
- ☐ Days 6–7: Clean door thresholds, frames, and weatherstripping; check/replace worn seals.

**\*\*Pro Tip:\*\*** Use shallow trays or bins at every entrance to contain "runoff" — elegant and practical.  
**\*\*Unique DIY Hack:\*\*** Stuff clean socks with uncooked rice (moisture magnets) and place in boots/closets — swap every few days for drier air.

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### Week 7 | Feb 8th - 14th: Basement & Attic Aeration (High Effort)

Address "forgotten plots" where dampness hides — declutter, ventilate, and monitor.

- ☐ Days 1–3: Sort storage boxes/bins — discard or donate damp/damaged items; wipe surfaces.
- ☐ Days 4–5: Vacuum floors, shelves, and corners; inspect for water stains, leaks, or early mold.
- ☐ Days 6–7: Run fans and/or dehumidifier for 24+ hours; place bowls of activated charcoal to absorb odors.

**\*\*Pro Tip:\*\*** Add battery LED lights or motion sensors to make these spaces feel intentional and less daunting.

**\*\*Unique DIY Hack:\*\*** Set out bowls of activated charcoal (or baking soda) like natural "soil amendments" — they pull musty smells without chemicals.

### Week 8 | Feb 15th - 21st: Window & Vent Vitality (Medium Effort)

Improve moisture escape and let in precious winter light — like opening the garden gate.

- ☐ Days 1–3: Vacuum and wipe window tracks/sills with vinegar-water solution (kills mildew).
- ☐ Days 4–5: Wash interior/exterior glass using newspaper for streak-free shine.

☐ Days 6–7: Dust/clean exhaust vents and fans (kitchen, bathroom) — remove grime for better airflow.

**\*\*Pro Tip:\*\*** "Let light in like sunshine on seedlings, let your plants take it in" — even brief airing helps lift damp blues.

**\*\*Unique DIY Hack:\*\*** Mix water, white vinegar, and a pinch of cornstarch into a spray for homemade glass polish that leaves windows crystal-clear and "growing" brighter.

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## Week 9 | Feb 15th - 21st: Laundry Line Refresh (Medium Effort)

Revive the laundry zone — a high-humidity hotspot — for cleaner, fresher fabrics.

- ☐ Days 1–3: Clean washer/dryer lint trap, vent hose (vacuum inside if accessible), and exterior.
- ☐ Days 4–5: Wash all bedding, towels, and winter layers in hot water to kill dust mites/allergens.
- ☐ Days 6–7: Organize laundry supplies (detergents, baskets) in labeled, moisture-resistant bins.

**\*\*Pro Tip:\*\*** Fold clothes like origami — creates calm, space-saving stacks that stay fresh longer.

**\*\*Unique DIY Hack:\*\*** Make dryer balls from rolled-up old yarn or wool scraps — natural softening, reduces static, and shortens drying time in humid air.

### **\*\*Ongoing February Habits\*\***

- ☐ Daily: Wipe up spills immediately; run bathroom/kitchen fans 20–30 min post-use.
- ☐ Weekly: Check humidity levels room-by-room; adjust dehumidifier as needed.
- ☐ As Needed: Monitor for musty smells or water stains — if persistent, consider professional help.

**\*\*Motivational Note:\*\*** "Patience and persistence in winter yield the healthiest blooms come spring." You've got this — small steps now keep your home thriving!

If deeper moisture issues appear, reach out to Benchmark Restoration & Cleaning for expert mold checks, dehumidification, or rug/carpet restoration. Free quote: <https://www.benchmarkrestoration.com/quillforms/freshen-up-area-rug-cleaning>

Prepared for YOU in the PNW – Stay cozy & dry! 🌨️🏠

