

HOW TO HAVE AN ADULT AF HOME



Adulthood hits different when you have your shit together at home.

This is your quick and dirty guide to levelling up your home with all the kitchen tools you should have, what to know about everything from pans and knives, to linens and laundry, grown-ass bedding and those fancy touches that will make your space feel functional and elevated.

You don't need to break the bank to fill your home with the things you need or love. Get thrifty with budget-friendly DIYs, second-hand shopping, Facebook Marketplace, and seasonal sales. And remember, you **don't** need to wait for special occasions like a wedding registry to get the grownup things that make you feel at home where you live. Even small investments in your home can make a huge difference in your happiness and efficiency.

Print the following lists and check off items as you go to keep yourself on track with creating a home you can be proud of.



Listen to our **[Adult AF Home episode \(#39\) on Teach Me How To Adult Podcast](#)** for more tips and advice on how to level up your house game.

KITCHEN ESSENTIALS

Having the right tools will take the stress out of cooking and help you embrace the beauty of hosting grownup dinners. Whether you're a seasoned home cook or still learning your way around a stove, this checklist covers the most important, and often-overlooked accoutrements for your kitchen (like a solid spice rack). FYI, non-stick pans are life-changing.

- 8 INCH CHEF'S KNIFE
- SERRATED KNIFE
- PARING KNIFE
- KNIFE SHARPENER
- NON-STICK FRYING PANS
- CAST IRON PAN
- SAUCE PAN
- MATCHING DISHES
- SLOTTED SPOON
- SPIRALIZER
- SALT AND PEPPER SHAKERS
- NESTING MEASURING BOWLS/CUPS
- WASHABLE PLACEMATS
- GLASS TUPPERWARE
- IMMERSION BLENDER
- INSTANT POT
- AIR FRYER
- RICE COOKER
- BAKING SHEETS
- DRINKING GLASSES (MINIMUM 4)
- WINE GLASSES (MINIMUM 4)
- COCKTAIL BAR MIXING KIT
- ICE MAKER
- ESPRESSO MACHINE
- EXTRA VIRGIN OLIVE OIL
- AGED BALSAMIC VINEGAR
- SPICE RACK
- PAPRIKA
- CINNAMON
- GARLIC POWDER
- CHILI POWDER
- RED PEPPER FLAKES
- BASIL
- OREGANO
- ROSEMARY
- THYME
- CURRY POWDER
- SILICONE SPATULAS/FLIPPERS

BEDROOM & LIVING ROOM ESSENTIALS

One of the best parts of adulthood is getting to create a space that represents and replenishes you. On average we spend about 26 years of our lifetime sleeping, so yeah...you deserve the bed of your dreams. Level up your living spaces with these must-haves, and make sure you're washing all those fancy sheets and towels bi-weekly (at minimum!).

BEDROOM

- Quality mattress (replace every 7-10 yrs)
- Memory foam pillows
- High thread count sheets
- Comfy duvet, weighted blanket
- Steamer
- Bedside tables
- Humidifier

LIVING ROOM

- Air purifier
- Comfortable + functional couch
- Framed art (Etsy & Minted for art prints)
- Rugs
- Throw blankets
- Pillows
- Drapes
- Good speakers
- Mood lights (statement lights & smart lights)
- Coffee table + books

LINENS

- Towels (3 per person)
- Sheets: fitted & top (3 sets per bed)
- Hand towels in each bathroom
- Dish towels (10)

CLEANING SUPPLIES

- Steam mop
- Microfibre cloths
- Mr. Clean magic eraser
- Good quality vacuum (we love a Dyson)
- Lint rollers
- Diffuser/candles
- Non-toxic cleaning solution
- Drain catchers

LOW-MAINTENANCE PLANTS

- Snakeplants
- Bromeliads
- Spider plants
- Succulents
- Aloe
- Fiddle leaf fig

LAUNDRY 101 #JUSTTHETIP

Time to graduate from calling your mom for laundry Qs.

- Wash your sheets + towels weekly (if you're a sweaty sleeper or sleeping with a partner) or bi-weekly.
- Use the hot cycle setting to kill germs, bacteria and dust mites.
- When drying, use a low heat setting to minimize damage from high temperatures.
- For bath towels, to keep them from getting scratchy, avoid using fabric softener and don't over-dry them.
- Wash dish towels weekly, on the hottest setting possible and in a separate load, because #germs.