DIY Interior Painting Template

**1. Choosing the Right Paint**

- Consider the room's purpose and lighting

- Choose between:

- Flat/Matte: Good for low-traffic areas, hides imperfections

- Low Sheen/Eggshell: Slight sheen, more durable than flat

- Satin: Easy to clean, good for high-traffic areas

- Semi-gloss/Gloss: Highly durable, great for trim and doors

- Select a color (get samples to test on walls)

- Calculate paint quantity: 1 litre per 12m² (1 gallon per 400 sq ft) (approx.)

**2. Gathering Supplies**

- Paint

- Primer (if needed)

- Paintbrushes (angled for trim, wider for walls)

- Roller frames and covers (3/8" nap for smooth surfaces, 1/2" for textured)

- Paint tray and liners

- Painter's tape

- Drop cloths

- Sandpaper (120-grit and 220-grit)

- Patch/Spackling compound and putty knife

- Damp cloths

- Step ladder

**3. Preparing the Room**

- Remove furniture or move to center of room

- Remove outlet covers and switch plates

- Cover floors and remaining furniture with drop cloths

- Apply painter's tape to trim, windows, and doors

**4. Prepping the Walls**

- Inspect walls for damage

- Fill holes and cracks with patch/spackling compound

- Sand repaired areas smooth (120-grit, then 220-grit)

- Wipe walls clean with damp cloth

- Allow walls to dry completely

**5. Priming (if necessary)**

- Apply primer to bare drywall, patched areas, or when making drastic color changes

- Use roller for large areas, brush for edges and corners

- Allow primer to dry completely (follow manufacturer's instructions)

**6. Painting Technique**

- Start with cutting in:

- Use angled brush for edges, corners, and around trim

- Work in sections about 3 feet wide

- Roll walls:

- Load roller evenly, avoid overloading

- Use "W" or "M" pattern, then fill in

- Overlap edges of cut-in areas

- Apply thin, even coats

- Allow first coat to dry completely before second coat

**7. Painting Woodwork/Trim**

- While waiting for the first coat on the walls to dry, apply the first coat to the woodwork/trim:

- Use a high-quality angled brush

- Paint in long, smooth strokes

- Be careful to avoid drips and runs

- After applying the second coat on the walls, finish the second coat on the woodwork/trim:

- Ensure the first coat is completely dry

- Apply the second coat in the same manner as the first

**8. Number of Coats**

- Generally, two coats are recommended

- Dark colors or significant color changes may require additional coats

- Follow paint manufacturer's recommendations

**9. Drying Time**

- Allow 2-4 hours between coats (check paint can for specific times)

- Wait at least 24 hours before hanging decor or replacing outlet covers

**10. Clean-Up**

- Clean brushes and rollers thoroughly with appropriate solvent

- Remove painter's tape carefully at a 45-degree angle

- Touch up any areas if necessary

**11. Final Inspection**

- Check for any missed spots or uneven areas in natural light

- Touch up as needed

- Allow paint to fully cure before washing (usually 2-4 weeks)

Remember, proper preparation is key to a professional-looking finish. Take your time, work methodically, and don't rush the process. Happy painting!