

HAMMOND RE-ENGINEERED LLC

Empowering Homeowners Through Smart DIY

COMPLETE KITCHEN REMODEL

DIY Consultation & Planning Guide

PROJECT SUMMARY

Location: South Burlington, Vermont
Project Type: Full Kitchen Gut Renovation (~120 sq ft)
Current Status: Demo Complete - Ready for Rough-In

HIRED CONTRACTOR

\$45,000 - \$65,000

Timeline: 6-10 weeks

DIY WITH THIS GUIDE

\$18,000 - \$28,000

Timeline: 8-14 weekends

POTENTIAL SAVINGS: \$27,000 - \$37,000

Consultation Fee: \$295
Date Prepared: January 2026

SITE ASSESSMENT

Current Conditions Observed

Based on site photos, the following conditions have been documented:

- **Demo Status:** Walls stripped to studs, cabinets and flooring removed
- **Kitchen Size:** Approximately 10' x 12' (120 sq ft)
- **Sink Wall:** Exterior wall with fiberglass insulation, window centered above sink location
- **Plumbing:** Copper supply lines (hot/cold) visible, drain stub-out present
- **Electrical:** Multiple outlet boxes visible, yellow Romex wiring exposed
- **Heating:** Baseboard heating present on left wall
- **Architectural Feature:** Arched doorway opening to adjacent room (preserve/restore)
- **Ceiling:** Intact with recessed lighting fixture
- **Subfloor:** Exposed, appears to be plywood over joists

Items Requiring Professional Assessment

ITEM	RECOMMENDATION
Electrical Panel	Verify panel capacity for kitchen circuits (minimum 200A recommended)
Plumbing Condition	Inspect copper supply lines for corrosion; verify drain venting
Insulation	Check for moisture damage behind exposed insulation
Subfloor	Check for level, rot, or water damage before new flooring

DETAILED PROJECT PHASES

PHASE 1: Demo Completion & Cleanup (1-2 Days)

The bulk of demo is complete. Remaining tasks:

1. Remove remaining drywall debris and old flooring scraps
2. Pull any remaining nails/screws from studs
3. Vacuum/shop-vac all dust and debris
4. Dispose of debris properly (rent dumpster or multiple dump runs)
5. Photograph all walls, electrical, and plumbing for permit documentation

Disposal Options in South Burlington:

- Casella Waste (dumpster rental): 802-658-0300 - 10-yard dumpster ~\$400-450
- CSWD Drop-Off Center: 1011 Airport Parkway, South Burlington - Self-haul ~\$100-150

PHASE 2: Permits & Planning (1-2 Weeks)

CRITICAL: Obtain required permits BEFORE rough-in work.

6. **Contact South Burlington Building & Zoning:** 802-846-4106
7. Submit permit application with kitchen layout drawings
8. **Required permits:** Building permit (~\$150), Electrical permit (~\$75), Plumbing permit (~\$75)
9. Finalize kitchen layout and cabinet measurements
10. Order cabinets (4-6 week lead time typical)

Kitchen Design Resources:

- IKEA Kitchen Planner (free online tool) - www.ikea.com/kitchen
- Home Depot Kitchen Design Services (free in-store)
- Lowe's Kitchen Visualizer (free online)

PHASE 3: Electrical Rough-In (2-3 Days)

⚠ HIRE LICENSED ELECTRICIAN for this phase in Vermont

Vermont requires licensed electricians for permit work. You can assist to reduce labor costs.

Required Kitchen Electrical (2020 NEC Code):

- **Minimum (2) 20A small appliance circuits** for countertop receptacles
- **Dedicated 20A circuit** for refrigerator
- **Dedicated 20A circuit** for dishwasher
- **Dedicated 20A circuit** for garbage disposal
- **Dedicated 50A circuit** for electric range (if applicable)
- **Dedicated 20A circuit** for microwave
- **GFCI protection** required within 6' of sink
- **Under-cabinet lighting circuit (switched)**

Recommended Electricians - Burlington Area:

- Dubois Electric: 802-878-3331
- O'Brien Electric: 802-864-6882
- Get 3 quotes - typical kitchen electrical rough-in: \$2,500-4,000

PHASE 4: Plumbing Rough-In (1-2 Days)

⚠ HIRE LICENSED PLUMBER for permit work in Vermont

Scope of Work:

- Verify/replace shut-off valves on supply lines
- Install new supply line stub-outs at correct height for new sink
- Verify drain venting meets code
- Install dishwasher drain connection with high loop/air gap
- Cap gas line if switching to electric (or extend for gas range)
- Ice maker line rough-in for refrigerator (optional)

Recommended Plumbers - Burlington Area:

- Bisson Plumbing & Heating: 802-864-5541
- Paquette Plumbing: 802-862-2704
- Get 3 quotes - typical kitchen plumbing rough-in: \$800-1,500

PHASE 5: Insulation & Vapor Barrier (DIY - 1 Day)

✓ DIY APPROPRIATE - Straightforward homeowner task

11. Inspect existing insulation for moisture damage or gaps
12. Replace any damaged insulation with R-13 or R-15 batts
13. Ensure insulation fills stud cavities completely without compression
14. Install 6-mil polyethylene vapor barrier on exterior wall (warm side)
15. Seal all penetrations (electrical boxes, pipes) with acoustic caulk

Materials from Home Depot/Lowe's:

- R-15 Unfaced Fiberglass Batts (if needed): ~\$50-80
- 6-mil Vapor Barrier (100 sq ft roll): ~\$25
- Acoustic Caulk: ~\$8

PHASE 6: Drywall (DIY or Hire - 3-5 Days)

✓ DIY POSSIBLE - Moderate skill required for finishing

16. **Measure and order drywall:** Use 1/2" regular for walls, 5/8" moisture-resistant (green board) behind sink
17. Hang drywall horizontally, stagger seams
18. Use drywall screws every 8" on edges, 12" in field
19. Tape and mud joints (3 coats minimum)
20. Sand smooth between coats
21. Prime with PVA primer before paint

Materials (~120 sq ft kitchen walls):

- 1/2" Drywall (10 sheets 4x8): ~\$120

- Moisture-resistant drywall (2 sheets): ~\$30
- Joint compound (5-gal bucket): ~\$18
- Tape, screws, corner bead: ~\$40
- HIRE OPTION: Professional drywall (hang, tape, finish): \$1,500-2,500

PHASE 7: Flooring (DIY - 2-3 Days)

✓ DIY APPROPRIATE - Install flooring BEFORE cabinets

22. Check subfloor for level (max 3/16" variance per 10')
23. Fill low spots with floor leveling compound if needed
24. Install underlayment (if required for flooring type)
25. Acclimate flooring in room for 48 hours
26. Install flooring per manufacturer instructions
27. Leave 1/4" expansion gap at walls (covered by baseboard)

Recommended Flooring Options (~120 sq ft + 10% waste):

- **Luxury Vinyl Plank (LVP) - BEST VALUE:** \$400-700 | Waterproof, durable, easy DIY
- **Ceramic/Porcelain Tile:** \$500-900 + \$200 materials | More skill required
- **Engineered Hardwood:** \$600-1,000 | Beautiful but moisture concerns

PHASE 8: Paint (DIY - 1-2 Days)

✓ DIY APPROPRIATE - Paint BEFORE cabinets

28. Apply PVA primer to all new drywall
29. Caulk ceiling/wall joints and around window
30. Apply 2 coats of eggshell or satin paint (easier to clean in kitchen)
31. Use semi-gloss on trim and window casing

Materials:

- Quality paint (2 gallons walls + 1 quart trim): ~\$120-180
- Primer (1 gallon): ~\$25
- Supplies (rollers, brushes, tape, drop cloths): ~\$50

PHASE 9: Cabinet Installation (DIY - 2-3 Days)

✓ DIY APPROPRIATE - Requires precision but achievable

32. Mark level reference line at 34.5" (standard base cabinet height)
33. Mark stud locations and transfer to wall
34. **Install upper cabinets FIRST** (easier access without base cabinets)
35. Start corner cabinet, work outward
36. Screw cabinets together through face frames, then to wall studs
37. Use shims to level and plumb each cabinet
38. Install base cabinets using same method

Cabinet Options (10x12 L-shaped kitchen):

- **IKEA SEKTION:** \$3,000-5,000 | Good quality, self-assembly, excellent value
- **Home Depot Hampton Bay:** \$3,500-6,000 | Ready-to-assemble, stock sizes
- **Semi-Custom (Kraftmaid, etc.):** \$6,000-12,000 | More options, longer lead time

- **Local Burlington:** Vermont Custom Closets (802-658-6673) - custom quotes

PHASE 10: Countertop Installation (DIY or Hire - 1 Day)

Hire for granite/quartz templating; DIY possible for laminate/butcher block

39. After base cabinets installed, schedule template appointment
40. Templater measures exact dimensions including sink cutout
41. Fabrication takes 1-2 weeks typically
42. Professional installation (stone) or DIY (laminate/wood)

Countertop Options (~25 linear feet):

- **Laminate (Formica/Wilsonart):** \$500-1,000 installed | DIY-friendly
- **Butcher Block:** \$800-1,500 | DIY possible, needs sealing
- **Quartz (Cambria, Silestone):** \$2,500-4,500 installed | Durable, low maintenance
- **Granite:** \$2,000-4,000 installed | Classic, needs periodic sealing

Local Countertop Fabricators:

- Vermont Marble Granite Slate: 802-879-4539 (Colchester)
- Green Mountain Soapstone: 802-468-5636 (Castleton)

PHASE 11: Plumbing Finish (DIY - 1 Day)

✓ DIY APPROPRIATE - Finish connections after countertop

43. Install sink (undermount or drop-in per countertop type)
44. Connect faucet with braided supply lines
45. Install P-trap and drain assembly
46. Connect garbage disposal (if applicable)
47. Connect dishwasher water supply and drain
48. Test all connections for leaks

Fixtures Budget:

- Stainless steel undermount sink: \$200-400
- Kitchen faucet (pull-down style): \$150-350
- Garbage disposal (1/2 HP): \$100-200

PHASE 12: Electrical Finish (Licensed + DIY - 1 Day)

Electrician connects circuits; you can install devices to save labor

49. **DIY:** Install outlets and cover plates
50. **DIY:** Install under-cabinet lighting
51. **Electrician:** Final connections at panel
52. **Electrician:** Hardwire dishwasher and disposal
53. **Electrician:** Connect range (if hardwired)

Electrical Finish Materials:

- GFCI outlets (4-6): \$80-120

- Standard outlets + cover plates: \$30-50
- Under-cabinet LED lighting: \$100-250

PHASE 13: Backsplash (DIY - 1-2 Days)

✓ DIY APPROPRIATE - Great beginner tile project

54. Plan layout starting from center of focal point (window/range)
55. Apply thinset mortar with notched trowel
56. Set tiles with spacers, work in sections
57. Let cure 24 hours
58. Apply grout, wipe excess
59. Seal grout (if using cement grout)

Backsplash Options (~30 sq ft):

- **Subway tile (ceramic):** \$100-200 + \$50 materials | Classic, easy to install
- **Peel-and-stick tile:** \$150-300 | Easiest DIY, rental-friendly
- **Glass/mosaic tile:** \$300-600 + materials | More skill required

PHASE 14: Appliance Installation (DIY - 1 Day)

✓ DIY APPROPRIATE - Most appliances are plug-and-play

60. Slide in range, connect to outlet or have electrician hardwire
61. Install range hood and vent (if vented externally)
62. Position refrigerator, connect water line for ice maker
63. Install dishwasher, level, secure to countertop
64. Install microwave (over-range or countertop)

Appliance Package Budgets:

- **Budget (Frigidaire, Whirlpool basics):** \$2,500-4,000
- **Mid-Range (Samsung, LG, GE):** \$4,000-7,000
- **Premium (KitchenAid, Bosch):** \$7,000-12,000+

PHASE 15: Trim, Hardware & Final Touches (DIY - 1 Day)

✓ DIY APPROPRIATE - The finishing details

65. Install cabinet hardware (knobs/pulls)
66. Install baseboard trim
67. Caulk countertop-to-backsplash joint
68. Touch up paint as needed
69. Install window treatment
70. Final cleaning

PHASE 16: Final Inspections (Required)

Schedule inspections with South Burlington Building Department: 802-846-4106

- Rough electrical inspection (before drywall)

- Rough plumbing inspection (before drywall)
- Insulation inspection (before drywall)
- Final electrical inspection
- Final plumbing inspection
- Final building inspection (occupancy)

COMPLETE COST COMPARISON

Materials Cost (Same for Both)

ITEM	LOW	HIGH
Cabinets (IKEA/Stock)	\$3,000	\$6,000
Countertops (installed)	\$1,500	\$4,500
Appliance Package	\$3,000	\$7,000
Flooring (LVP)	\$400	\$700
Drywall Materials	\$200	\$250
Paint & Primer	\$150	\$250
Backsplash Tile & Materials	\$150	\$400
Sink, Faucet, Disposal	\$450	\$950
Electrical Materials (outlets, lights)	\$250	\$450
Trim, Hardware, Misc.	\$300	\$600
Permits	\$300	\$400
Dumpster/Disposal	\$300	\$500
MATERIALS SUBTOTAL	\$10,000	\$22,000

Labor Cost Comparison

TRADE/TASK	HIRE	DIY
Demo & Cleanup	\$1,500-2,500	\$0 (YOUR TIME)
Electrical (REQUIRED)	\$3,500-5,000	\$2,500-4,000*
Plumbing (REQUIRED)	\$1,500-2,500	\$800-1,500*
Drywall (hang + finish)	\$2,000-3,000	\$0 (YOUR TIME)
Flooring Installation	\$800-1,200	\$0 (YOUR TIME)
Painting	\$800-1,200	\$0 (YOUR TIME)
Cabinet Installation	\$1,500-2,500	\$0 (YOUR TIME)
Countertop Install (incl. above)	Included	Included
Backsplash Installation	\$500-800	\$0 (YOUR TIME)
Appliance Installation	\$300-500	\$0 (YOUR TIME)

Trim & Finish Work	\$500-800	\$0 (YOUR TIME)
General Contractor Fee (15-20%)	\$5,000-8,000	\$0
LABOR SUBTOTAL	\$17,900-28,000	\$3,300-5,500

**Licensed trades required for permit work - you assist to reduce their hours*

GRAND TOTAL COMPARISON

FULL CONTRACTOR

\$45,000 - \$65,000

DIY WITH GUIDE

\$18,000 - \$28,000

YOUR SAVINGS: \$27,000 - \$37,000

PROJECT TIMELINE

Hired Contractor Timeline: 6-10 Weeks

Full-time work, coordinated trades, minimal homeowner involvement.

DIY Timeline: 8-14 Weeks (3-4 Months)

WEEKEND	TASKS	NOTES
Week 1-2	Permits, planning, order cabinets	Cabinets have 4-6 week lead time
Weekend 1	Complete demo, cleanup, disposal	Schedule dumpster delivery
Week 3-4	Electrical rough-in (licensed)	Schedule with electrician
Week 3-4	Plumbing rough-in (licensed)	Can overlap with electrical
Weekend 2	Insulation, vapor barrier	After rough-in inspections
Weekend 3-4	Drywall hang, tape, mud	Allow dry time between coats
Weekend 5	Sand drywall, prime, paint	
Weekend 6	Flooring installation	Before cabinets arrive
Weekend 7-8	Cabinet installation	Uppers first, then bases
Week 9	Countertop template & fabrication	1-2 week fabrication time
Weekend 9	Countertop installation (pro)	Usually included with stone
Weekend 10	Sink, faucet, plumbing finish	Functional kitchen!
Weekend 11	Backsplash installation	
Weekend 12	Appliances, electrical finish	
Weekend 13-14	Trim, hardware, touch-ups, inspections	DONE!

DIY Time Investment

Estimated total DIY hours: 150-250 hours

At your savings of ~\$32,000 (midpoint), that values your time at \$128-213/hour - far better than most paid work!

LOCAL RESOURCES - SOUTH BURLINGTON, VT

Building Department & Permits

- **South Burlington Building & Zoning:** 802-846-4106
- Address: 180 Market Street, South Burlington, VT 05403
- Online permits: www.southburlingtonvt.gov/building

Material Suppliers

- **Home Depot Williston:** 802-871-3200 - 60 Commonwealth Ave
- **Lowe's Williston:** 802-857-5270 - 19 Marshall Ave
- **Aubuchon Hardware:** Multiple locations - local hardware
- **IKEA (cabinets):** Nearest store in Stoughton, MA - Order online for delivery
- **Floor & Decor:** Manchester, NH - Worth the drive for tile/flooring selection

Licensed Contractors (When Required)

Electricians:

- Dubois Electric: 802-878-3331
- O'Brien Electric: 802-864-6882
- Blackrock Electric: 802-355-4811

Plumbers:

- Bisson Plumbing & Heating: 802-864-5541
- Paquette Plumbing: 802-862-2704
- Main Street Plumbing: 802-899-2022

Specialty Suppliers

- **Countertops:** Vermont Marble Granite Slate (802-879-4539)
- **Cabinets:** Vermont Custom Closets (802-658-6673)
- **Appliances:** Sears, Home Depot, or University Appliance (802-862-5012)
- **Dumpster:** Casella (802-658-0300) or CSWD Drop-Off (Airport Parkway)

YOUR NEXT STEPS

You've got this! Here's your action plan to get started:

This Week

- Call South Burlington Building Dept (802-846-4106) - Ask about permit requirements
- Get 3 quotes from licensed electricians for rough-in work
- Get 3 quotes from licensed plumbers for rough-in work
- Start kitchen design using free IKEA or Home Depot planners

Next Two Weeks

- Submit permit applications
- Finalize kitchen layout and measurements
- Order cabinets (remember 4-6 week lead time)
- Schedule electrician and plumber for rough-in
- Schedule dumpster for final demo cleanup

QUESTIONS? NEED MORE HELP?

Hammond Re-Engineered LLC

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Empowering homeowners to save thousands through smart DIY

Additional consultation services available

Thank you for choosing Hammond Re-Engineered LLC!

Good luck with your kitchen remodel!