

Painting Estimate

Interior and exterior painting — areas, paint quantity and labour

Painter / company	Example Painters & Decorators	Client	Mr & Mrs Adeyemi (example)
Site	Lugbe, Abuja	Date	13-Oct-2026

AREAS TO PAINT

Measure each wall: length × height, minus doors (≈1.9m²) and windows (≈1.4m²). Coverage assumes ~10m² per litre per coat.

Area	Area (m²)	Coats	Paint type	Paint ₦/litre	Litres needed
Living room walls	68	3	Emulsion	₦2,200	21
4 bedrooms walls	196	3	Emulsion	₦2,200	59
Kitchen walls	34	3	Satin	₦3,100	11
Corridors & lobby	52	3	Emulsion	₦2,200	16
Exterior walls	290	2	Textured	₦3,500	58
Fascia & window reveals	45	2	Gloss	₦4,850	9

COST SUMMARY

Total area (m²)	685.00
Paint cost	₦491,950
Primer / sealer & filler	₦85,000
Sundries (tape, brushes, rollers, sandpaper)	₦40,000
Labour rate per m² (per finished area)	₦1,200
Labour	₦822,000
Scaffolding / ladders	₦60,000
TOTAL	₦1,498,950

Validity: 14 days. Payment: 60% to buy materials, 40% on completion. Client to approve colour samples before work starts.

Free template from NigeriaBuildingCost.ng. Rates are indicative (Oct 2026) — check current prices in your location before relying on any figure.
Faster option: use the free Painting Cost Calculator at <https://nigeriabuildingcost.ng/painting-cost-calculator>