

2006-2008 Subaru Forester | Advanced | 8-10 hours | \$485 DIY

TOOLS

10mm Socket Flathead Screwdriver Jack
Stands Torque Wrench 3/8 Inch Impact
Gun Pry Bar Socket Extensions Rust
Penetrant Trim Tool Set Oil Filter
Wrench

PARTS

Head Gasket Set TRQ SGA11365 \$229.95
Cylinder Head Bolts EJ25-HEADBOLTS \$50.00
Timing Belt Mitsuboshi Timing Belt \$100.00
Valve Cover Gasket EJ25-VCG \$30.00
Water Pump EJ25-WP \$75.00

STEPS

- 1 Diagnose, gather parts, and disconnect power - Confirm head-gasket failure on the** 2006-2010 Subaru Forester EJ25 (coolant loss, milky oil, exhaust hydrocarbons in coolant, or a failed block test). Disconnect the negative battery cable. Drain coolant and engine oil. This is an advanced...
- 2 Strip the top end for head removal - Remove the intake, exhaust manifold/turbo plumbing** as required, valve cover, timing cover/chain or belt components, and any brackets blocking the cylinder head on the 2006-2010 Subaru Forester EJ25. Set the engine to the service TDC posi...
- 3 Unbolt and lift the cylinder head - Loosen head bolts in the reverse of the torque** sequence on the 2006-2010 Subaru Forester EJ25. Lift the head straight up - it is heavy; use a helper or hoist. Keep bolts in order if they are torque-to-yield and must be replaced.
- 4 Clean surfaces and check for warpage - Clean block and head gasket surfaces on the** 2006-2010 Subaru Forester EJ25 without gouging aluminum. Check the head (and block) for warpage with a straightedge; machine or replace if out of spec. Install dowels if removed.
- 5 Install the new head gasket and torque the head - Place the new head gasket dry (unless** the maker specifies sealant) in the correct orientation on the 2006-2010 Subaru Forester EJ25. Set the head, oil new TTY bolts if required, and torque/angle-tighten in the exact factory sequence and st...
- 6 Reassemble timing, refill, and verify - Reinstall timing components, manifolds, covers,** and accessories on the 2006-2010 Subaru Forester EJ25. Refill with fresh oil and the correct coolant. Prime the oiling system if specified, start, check for leaks, and verify temperature and...

TORQUE

Head bolts (sequence required) 71 Nm 52 ft-lbs
Timing belt tensioner 39 Nm 29 ft-lbs