

2006-2008 Subaru Forester | Easy | 30-60 minutes

TOOLS

Socket wrench and socket for the drain plug
Oil filter wrench Oil drain pan (at least 5-quart capacity) Funnel Trim tool set and Phillips screwdriver (for splash shield) New crush washer for the drain plug Floor jack and jack stands or ramps (if more clearance is needed) Shop rags Gloves and safety glasses

PARTS

5W-30 engine oil (about 4.2 quarts)
Spin-on engine oil filter (EJ25 bottom-mount application)
Oil drain plug crush washer

STEPS

- 1 Warm the engine and secure the car - Start the engine and let it idle for 2 to 3 minutes so the oil warms and flows out faster, then shut it off. Park on level pavement, set the parking brake, and chock the rear wheels. The 2006-2008 Fo...**
- 2 Remove the under-engine splash shield if equipped - Look under the front of the engine for the plastic splash shield held on by trim clips and Phillips screws. Pop the clips with a trim tool and remove the screws so the shield drops down, exposing the...**
- 3 Position the drain pan and remove the drain plug - Slide the drain pan under the oil pan drain plug, positioning it slightly toward the rear because the oil shoots out at an angle at first. Break the drain plug loose with a socket wrench, then finish...**
- 4 Reinstall the drain plug with a new crush washer - Wipe the drain plug and the pan mating surface clean, then fit a new crush washer onto the plug with its flat side toward the pan. Thread the plug in by hand to avoid cross-threading the aluminum pan...**
- 5 Remove the old oil filter from under the engine - On the 2006-2008 Forester the EJ25 uses a bottom-mount spin-on filter on the underside of the engine, reached from below. Loosen it with an oil filter wrench, turning counterclockwise, and be ready w...**
- 6 Install the new oil filter - Put a film of fresh engine oil on the new filter's rubber gasket with your fingertip so it seals and comes off easily next time. Spin the filter onto the mount by hand until the gasket just touches,...**
- 7 Refill with 5W-30 engine oil - Remove the oil fill cap on top of the engine, set a funnel in the filler neck, and pour in about 4.2 quarts of 5W-30 engine oil, which is the specified grade and capacity for the 2.5L EJ25 in this Fo...**
- 8 Start the engine and check for leaks - Start the engine and let it run for 30 to 60 seconds while you watch the drain plug and filter areas for any drips. The oil pressure light should go out within a few seconds; if it stays on, shut the...**
- 9 Check the dipstick level and top off - Pull the dipstick, wipe it clean, reinsert it fully, and pull it again to read the level. Add small amounts of 5W-30 until the level sits at the upper mark; the EJ25 typically takes close to 4.2 quar...**
- 10 Recycle the used oil and reset the reminder - Pour the used oil from the drain pan into a sealed container and take it, along with the old filter, to an auto parts store or recycling center; never pour it down a drain or into the trash. Reset th...**