

2006-2008 Subaru Forester | Moderate | 60-120 minutes

TOOLS

5/8-inch spark plug socket 3/8-inch ratchet
Socket extensions (short and medium)
Universal swivel joint Extendable magnet
Wire-style spark plug gap gauge
Dielectric/silicone paste Wrench for battery terminal
Gloves and safety glasses

PARTS

Spark plugs, NGK Laser Platinum FR5AP-11 (quantity 4)
Dielectric/silicone paste for plug boots
Spark plug wire set (optional, replace if boots are cracked or brittle)

STEPS

- 1 Work on a cold engine and disconnect the battery - Make sure the engine has been off for several hours;** spark plugs must be removed from a cold aluminum EJ25 head, because removing them hot can strip the threads. Open the hood and disconnect the nega...
- 2 Clear access on the passenger side - On the 2006-2008 Forester the EJ25 is a boxer engine, so the** four plugs stick out horizontally on the sides of the heads, tucked close to the frame rails. On the passenger side, remove the air filter...
- 3 Clear access on the driver side - On the driver side, remove the battery and its hold-down, and** if needed unbolt the windshield washer bottle or move it aside, to reach the two rear driver-side plugs. The rearmost driver-side plug is...
- 4 Remove the plug wire boots - Grasp each boot by its thick rubber body, twist it gently to break** the seal, and pull it straight off the plug; never yank on the wire itself. On this Forester the plug wires run from a single coil p...
- 5 Remove the old spark plugs - Slide a 5/8-inch spark plug socket with a short extension and a** universal swivel joint into each plug well from the side. Break each plug loose with a ratchet, then back it out by hand with the exten...
- 6 Inspect and gap the new plugs - Inspect the old plugs for oil fouling or heavy deposits, which on** an EJ25 can hint at valve cover gasket leaks into the plug wells. Take the new NGK Laser Platinum FR5AP-11 plugs and verify the gap i...
- 7 Install the new plugs by hand first - Start every plug by threading it in with just the extension** and your fingers, never with the ratchet, so you feel immediately if it cross-threads in the aluminum head. Once each plug is finger-tight...
- 8 Reinstall the wires with dielectric grease - Apply a dab of silicone dielectric paste inside each** plug wire boot, then push each boot firmly onto its plug until it clicks over the terminal. Route the wires back exactly as they were, keeping the...
- 9 Reassemble the airbox, battery, and washer bottle - Reinstall the air filter box and intake** snorkel on the passenger side, making sure the box seats fully and its clips are latched. Reinstall the battery and hold-down on the driver side, then the wash...
- 10 Start, check for misfires, and test drive - Start the engine and let it idle, listening for a** smooth idle with no shaking or flashing check-engine light that would indicate a misfire. If a misfire code appears, shut off and recheck the boot se...