2014-2018 Subaru Forester XT - Oil Change Complete

2014-2018 Subaru Forester | Easy | 45 minutes | $42 DIY

TOOLS

14mm Wrench Oil Filter Wrench Drain Pan Funnel Torque Wrench Gloves Jack Stands Wheel Chocks Cloth Rags Safety Glasses

PARTS

Engine Oil $30.00
Oil Filter ECOGARD X4615 $10.00
Drain Plug Crush Washer Subaru 11126AA000 $2.00

STEPS

1. **Confirm You Have a 2014-2018 XT - The XT's 2.0L turbo takes 5W-30 full synthetic - NOT** 0W-20. You'll need: 5W-30 full synthetic, new spin-on filter, drain pan, funnel. The XT's top-mount filter is accessible from above (Subaru signature).
2. **Change Filter From Above - Install the new filter - hand-tighten plus a quarter turn.** Ensure the old gasket came off. The turbo's filter works harder than the NA's - use a quality filter.
3. **Drain Oil From Below - Remove the drain plug and let the old oil drain. Let it drain** completely. The XT's turbo needs clean oil - don't extend the drain. Check the drained oil for metal particles (turbo engines wear faster if neglected).
4. **Reinstall Drain Plug (new washer) - Tighten snugly - the exact FA20F torque wasn't** verified, so go by feel with a new washer (don't over-tighten the aluminum pan). The turbo's heat cycles make the washer critical - always use a new one. Don't strip the threads.
5. **Add 5W-30 (check dipstick!) - Add 5W-30 full synthetic - the FA20F turbo REQUIRES 5W-30,** not 0W-20. The exact capacity wasn't verified for the XT - start with 4.5 quarts, check the dipstick, and top up to the full mark. Don't guess - the dipstick is your ground t...
6. **Check Level and Leaks - Start the engine - check for leaks. Recheck the oil level after** 30 seconds. Top up if needed. The 2.0L turbo should idle smoothly. The XT's turbo needs quality synthetic - don't use conventional or extend intervals. Subaru interval: 6,...

TORQUE

Oil Drain Plug 30 Nm 22 ft-lbs

ezcarfix.com