2019-2024 Subaru Forester - Battery Replacement

2019-2024 Subaru Forester | Easy | 20-30 minutes | $147 DIY

TOOLS

10mm wrench or socket ratchet with extension battery terminal brush safety glasses gloves battery terminal protector spray (optional)

PARTS

Correct group-size battery $140.00
Terminal cleaner $8.00
Terminal protectant $7.00

STEPS

1. **Prepare the vehicle and locate the battery - Put on safety glasses and gloves before you** begin. Park on a level surface, set the parking brake, and switch the ignition fully off. You will see the battery with its two terminals, the positive one under a red plastic cap, and a steel ho...
2. **Expose the terminals and hold-down - Flip open the red plastic cap on the positive** terminal so you can see both posts clearly. Check the layout: the negative cable clamp and the positive cable clamp each tighten with a 10mm nut.
3. **Disconnect the negative cable first - Using a 10mm wrench or socket, loosen the nut on** the negative cable clamp and pull the clamp off the post. Then loosen the positive clamp nut and lift that clamp off as well.
4. **Remove the hold-down bar and J-hooks - Remove the 10mm nut from the top of each J-hook** and lift the bar off, then pull the J-hooks up and out of the tray - keep a hand under them so they do not fall into the engine bay.
5. **Lift out the old battery - It weighs roughly 40 pounds, so lift with your legs and keep** your back straight. Set it on the ground beside the car, upright, and wipe any leaves or grit out of the empty tray before the new battery goes in.
6. **Install the new battery and refit the hold-down - Drop the two J-hooks back through the** tray slots, set the hold-down bar across the top of the battery, and tighten both 10mm nuts evenly until the battery cannot shift.
7. **Reconnect, test, and reset - Reconnect the POSITIVE cable first: slide the clamp fully** down onto the post and tighten its 10mm nut, then close the red plastic cap over it. Reconnect the NEGATIVE cable last and tighten it. A light coat of terminal protector spray helps...

TORQUE

Battery hold-down 11 Nm 8 ft-lbs

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