2019-2024 Subaru Forester - Spark Plug Replacement

2019-2024 Subaru Forester | Moderate | 45-90 minutes | $41 DIY

TOOLS

Spark plug socket Ratchet and extensions Torque wrench Gap tool Dielectric grease Gloves 14mm thin-wall spark-plug socket with rubber insert

PARTS

Spark plugs (correct heat range) NGK DILKAR7Q8 $35.00
Dielectric grease $6.00

STEPS

1. **Let the engine cool and gather parts - Park the 2019-2024 Subaru Forester on level** ground, set the parking brake, and let the 2.5L FB25D boxer engine cool completely - removing plugs from a hot aluminum boxer head risks pulling the threads. Gather four NGK DILKAR7Q8 plugs (Su...
2. **Access the ignition coils - The Forester’s boxer engine lays its cylinders flat, so the** coils hide low on each side of the engine. Clear the working windows the factory procedure calls for: on the driver’s side remove the battery and its tray, and on the passenger si...
3. **Remove one old plug at a time - Work one cylinder at a time so every coil returns to its** original plug. Remove the old plug and note its deposits: even wear is normal, while oil on a plug points at a valve-cover tube seal.
4. **Gap and install the new plug - The NGK DILKAR7Q8 plugs arrive with the factory gap preset** for the FB25D - verify it visually but never pry on the fine iridium electrodes to adjust it. Start each new plug by hand, turning it backward a half-turn first until the threads...
5. **Reinstall coils and verify idle - Seat each coil fully onto its own plug, reinstall its** bolt, and reconnect the coil connectors until each clicks. Refit the battery, tray, intake duct, and air-cleaner case exactly as removed. Start the Forester and confirm the characterist...

TORQUE

Spark plugs (15.5 ft-lbs / 21 Nm - check your vehicle manual) 21 Nm 15.5 ft-lbs

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