2015-2019 Subaru Outback - Transmission Fluid

2015-2019 Subaru Outback | Moderate | 1-2 hours | $35 DIY

TOOLS

CVT fluid meeting Subaru Lineartronic specification (per owner's manual) Fluid transfer pump with hose 8mm hex bit socket and breaker bar Drain pan and graduated measuring jug Infrared thermometer Ramps or jack stands Nitrile gloves and safety glasses

PARTS

Transmission fluid (exact spec) $35.00
Transmission filter (if pan-off) $25.00
New CVT drain plug gasket

STEPS

1. **Learn the TR580's crowded plug layout - Before touching a wrench, identify each one: the** CVT drain is the plug on the bottom of the transmission pan, while the CVT fill is an 8mm hex plug on the side of the case, located above and to the left of the passenger-side axle.
2. **Get CVT-specific fluid and the right hex tools - Buy only CVT fluid that meets Subaru's** Lineartronic specification for this transmission - conventional automatic transmission fluid will destroy a CVT's belt-and-pulley system, so check your owner's manual and never substitute. You'll ne...
3. **Remove the splash guard and open the fill plug FIRST - Raise the front on ramps or** stands, remove the engine splash guard, and locate the 8mm hex fill plug on the side of the CVT case. Break it loose with the breaker bar before you drain a single drop - this is the non-negotiable rule. If th...
4. **Drain and measure exactly what comes out - Position the drain pan under the CVT pan's** bottom drain plug and remove it, letting the fluid drain into your graduated jug so you can record the exact volume - a drain-and-fill on the TR580 typically yields around five-plus quarts. Insp...
5. **Pump the same amount back in - Through the open side fill plug, pump in the exact volume** you measured draining out - matching volume-for-volume is the DIY-friendly way to get the level right on this transmission. You won't get the full amount in at first; the case tak...
6. **Top off with the engine running and warm - Start the engine and, with your foot firmly on** the brake, shift slowly through every gear position and back to Park to circulate the new fluid. With the engine still running and the CVT warmed up, remove the fill plug and pump in the remai...
7. **Test-drive and inspect for leaks - Reinstall the splash guard, lower the car, and take a** 15-20 minute drive with varied speeds so the CVT works through its ratio range. Park on level ground and check underneath for seepage at the drain plug and fill plug. Shifts should fe...

TORQUE

Transmission pan bolts 12 Nm 9 ft-lbs

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