



2005-2012 Toyota RAV4 Oil and Oil Filter Replacement

A video tutorial on how to change the oil and oil filter on a 2006-2008 Toyota RAV4.

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INTRODUCTION

The engine oil and oil filter should be replaced every 5,000 miles with the correct weight oil and oil filter specified in the owners manual.

Follow this video tutorial by YouTuber [NutzAboutBolts](#) to complete the job yourself.

Torque specs:

- 21 ft. lbs - oil drian plug

Safety

If this is your first time working on a vehicle read our [safety tips](#) before proceeding.



TOOLS:

- [Hydraulic Floor Jack](#) (1)
- [14mm socket](#) (1)
- [3/8-Inch Drive Extension Bar](#) (1)
- [Oil Filter Wrench](#) (1)
- [Oil Drain Pan](#) (1)
- [Paper Towels](#) (1)
- [Torque Wrench](#) (1)



PARTS:

- [0W-20 Motor Oil](#) (4.5)
- [Oil Filter](#) (1)

To reassemble your device, follow these instructions in reverse order.