High Mileage Vehicle Maintenance Checklist

Driving a vehicle with over 100,000 miles on it, and determined to keep it going for another 100,000 miles or more? As long as you stay on top of all the recommended maintenance tasks, you shouldn't have any problem making that happen.



Monthly (or More Often)

- [ ] Clean the backup camera lens
- [ ] Check the tire pressure
- [ ] Check the oil level (high-mileage oil is recommended)
- [ ] Check the coolant level

Every 3,000 Miles

- [ ] Change the oil and replace the oil filter (newer cars may be able to go longer. Check your owner's manual to see what's recommended for your car)
- [ ] Check the washer fluid level
- [ ] Add fuel injector cleaner to fuel

Every Six Months

- [ ] Check the power steering fluid level
- [ ] Wax the car to extend the life of the paint and to prevent rust

Every 5,000 Miles

- [ ] Adjust the clutch if a manual transmission (some are self-adjusting)

Every 10,000 Miles

- [ ] Inspect the belts
- [ ] Rotate the tires

Every Year

- [ ] Inspect the brakes
- [ ] Inspect the hoses and clamps
- [ ] Clean the battery connections
- [ ] Check the brake fluid level
- [ ] Check the manual transmission fluid
- [ ] Check the coolant strength
- [ ] Back-flush the radiator from the engine side with a garden hose
- [ ] Rinse off the air conditioner condenser
- [ ] Buff the plastic headlight assembly, if dull, to maintain good visibility
- [ ] Replace cabin air filter (you may need to do this more often, if you drive a lot—every 15,000 miles is a good rule of thumb. Older vehicles may not have cabin filters)

Every 30,000 Miles

- [ ] Replace the spark plugs. Some are designed to last up to 100,000 miles, so check to see what kind you have and when it will be due.
- [ ] Replace the distributor cap and rotor (if applicable)
- [ ] Inspect the spark plug wires (if applicable)
- [ ] Change the transmission fluid
- [ ] Replace the oxygen sensors (for vehicles manufactured late 1970's to early 1990's)
- [ ] Inspect the shocks for leaks and perform bounce test
- [ ] Replace the PCV valve
- [ ] Clean the throttle body

Every Two Years

- [ ] Flush the coolant system
- [ ] Check the battery electrolyte level

Every 40,000 Miles

- [ ] Replace the fuel filter

Every 60,000 Miles

- [ ] Replace the air filter
- [ ] Change the automatic transmission fluid
- [ ] Inspect the brakes
- [ ] Inspect the accessory drive belts
- [ ] Replace the timing belt (if your vehicle has a timing chain, it doesn't need to be replaced unless there's a problem with it)
- [ ] Have the front end alignment inspected and checked

Every 80,000 Miles

- [ ] Inspect the U-joints

Every 100,000 Miles

- [ ] Replace the oxygen sensors (for vehicles manufactured after mid-1990's)
- [ ] Replace the rear axle lubricant

As-Needed Maintenance

- [ ] Have the alignment adjusted. This can help extend the life of your tires.

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