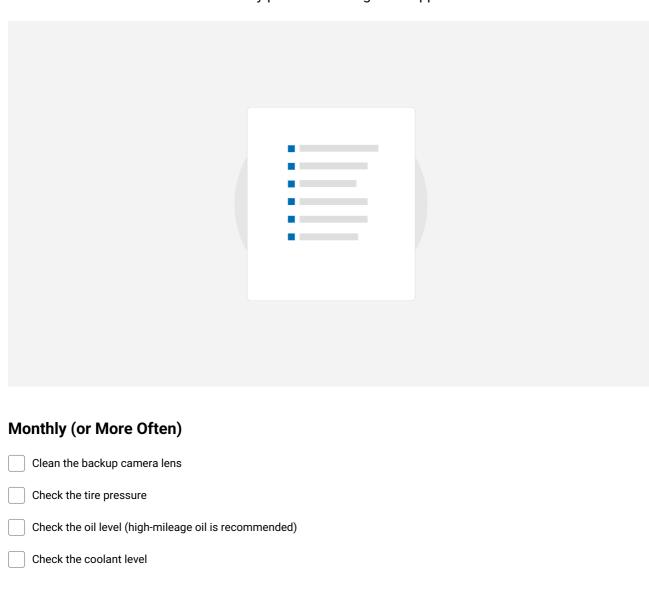
## **High Mileage Vehicle Maintenance Checklist**

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.



## **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

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.  Make and Share Free Checklists			
checkli.com			