100,000-Mile Car Maintenance Checklist

Tick what you or the shop have done. Items in the first group are due around 100,000 miles on most schedules; the second group is inspect and replace if worn.

Vehicle: _____ Odometer: _____ Date: _____

Replace if your schedule says it is due

- [ ] **Spark plugs** Iridium and platinum plugs last 60,000-120,000 mi. Ask for the old plugs back: their color shows how the engine runs.
- [ ] **Timing belt, water pump and tensioner** BELT ENGINES ONLY Most makers say 60,000-105,000 mi or about 6-7 years. A snapped belt can wreck the engine. Chain engines have no interval.
- [ ] **Engine coolant** Long-life coolant: first change often at 100,000 mi or 10 years, then every 50,000 mi or 5 years.
- [ ] **Automatic transmission or CVT fluid** Many schedules say 60,000 mi under severe use. A drain-and-fill is gentler than a pressure flush on a neglected transmission.
- [ ] **Brake fluid** Every 2-3 years by time. If there is no record, change it now.
- [ ] **Engine air filter and cabin air filter** Engine filter about every 30,000 mi; cabin filter every 15,000-30,000 mi.
- [ ] **Serpentine belt and tensioner** IF ORIGINAL Gates suggests replacing the belt system around 90,000 mi. Worn ribs matter more than visible cracks.

Inspect and replace if worn

- [ ] **Radiator and heater hoses** Squeeze them cold: soft, swollen, brittle or cracked hoses get replaced.
- [ ] **Shocks and struts** Bouncing, nose-diving under braking or oily residue on the strut body mean they are worn. Replace in pairs.
- [ ] **Brake pads, rotors and lines** Measure pad thickness; look for scored rotors and rusty or leaking lines.
- [ ] **Battery and charging system** TEST A free load test at a parts store. Most batteries last 3-5 years.
- [ ] **Engine and transmission mounts** Clunks when shifting into gear or extra vibration at idle point to a worn mount.
- [ ] **Differential and transfer case fluid** AWD/4WD Often 30,000-60,000 mi. Old fluid smells burnt and looks dark.
- [ ] **PCV valve** Should rattle when shaken. Replace it if it is stuck or full of sludge.
- [ ] **Oxygen sensors and ignition coils** IF SYMPTOMS Replace on a check engine code or misfire, not by mileage.
- [ ] **Leaks under the car** Brown or black: oil. Red or pink: transmission fluid. Green, orange or yellow and sweet-smelling: coolant.

Keep doing after 100,000 miles

- [ ] **Check the oil level every month** Older engines burn more oil. GM treats a quart every 2,000 mi as normal.
- [ ] **Change oil on the severe schedule** About every 5,000 mi or 6 months. High-mileage oil is optional.
- [ ] **Check for open recalls** Enter the VIN at nhtsa.gov/recalls. Recall repairs are free at the dealer.
- [ ] **Keep every receipt in a maintenance log** It proves the timing belt and fluids were done when you sell.

Notes

Typical items for a gasoline car near 100,000 miles. Your owner's manual sets the exact intervals. **33gears.com/high-mileage-car-maintenance-checklist**