

Quick Guide Forester 2019



Love. It's what makes a Subaru, a Subaru.



SUBARU

Confidence in Motion

© 2018 Subaru of America, Inc. All rights reserved.

Contents may not be reproduced in whole or in part without prior written permission of publisher. Specifications in this Guide are based on the latest product information available at the time of publication. Some images shown are for illustration purposes only. Some equipment shown in photography within this Guide is optional at extra cost. Specific options may be available only in combination with other options. Specific combinations of equipment or features may vary from time to time, and by geographic area. Subaru of America, Inc. reserves the right to change or discontinue at any time, without notice: Prices, colors, materials, equipment, accessories, specifications, models and packages, without incurring any obligation to make the same or similar changes on vehicles previously sold. Colors shown may vary due to reproduction and printing processes. Subaru of America, Inc. is not responsible for typographical errors.

Aha™ is a trademark of Harman International Industries, Inc. Alcantara® is a registered trademark of Alcantara S.p.A., and Alcantara is produced by the Toray Group. App Store® is a registered trademark of Apple, Inc. Apple® is a registered trademark of Apple, Inc. BBS® is a registered trademark of BBS Kraftfahrzeugtechnik, AG. Bluetooth® is a registered trademark of Bluetooth SIG, Inc. Brembo® is a registered trademark of Freni Brembo, S.p.A. GreenEdge® is a registered trademark of Harman International Industries, Inc. Harman Kardon® is a registered trademark of Harman International Industries, Inc. HD Radio® is a registered trademark of iBiquity Digital Corporation. HomeLink® is a registered trademark of Prince Corporation, a wholly owned subsidiary of Johnson Controls. iHeart® Radio is a registered trademark of iHeartMedia, Inc. iPod® is a registered trademark of Apple, Inc. iTunes® is a registered trademark of Apple, Inc. Metal-Matrix Diaphragm (MMD®) is a registered trademark of Harman International Industries, Inc. MirrorLink™ is a trademark of Car Connectivity Consortium, LLC. Pandora® is a registered trademark of Pandora Media, Inc. Siri® is a registered trademark of Apple, Inc. Smart Way® is a registered trademark of the U.S. Environmental Protection Agency. Stitcher™ is a trademark of Stitcher™, Inc. TORSEN LSD® is a registered trademark of JTEKT TORSEN North America, Inc. SiriusXM® All Access Radio is a registered trademark of SiriusXM Radio, Inc. SiriusXM Traffic® and SiriusXM Travel Link® are registered trademarks of SiriusXM Radio, Inc. Added Security, Crosstrek, Forester and Outback are registered trademarks of Subaru of America, Inc. BRZ, EyeSight, Impreza, Lineartronic, Legacy, Subaru, SUBARU BOXER, WRX, STI and X-MODE are registered trademarks of Subaru Corporation. Confidence in Motion and SUBARU STARLINK™ are trademarks of Subaru Corporation.

Table of Contents

2-5	Getting Started
6-7	Instrument Panel
8-9	Gauges
10-11	Personalize
12-19	Controls
20-23	While Operating
24-25	Safety/In Case of Emergency
26-28	Additional Information

Remote Keyless Entry

① Lock/Arm

- Press to lock all doors and the rear gate.
- If any of the doors or the rear gate are not fully closed, five rapid chirps will sound and the hazard lights will flash to alert you that the doors or the rear gate are not properly closed.
- To activate the vehicle finder function, press three times (within five seconds). If you are within 30 feet of the vehicle, the horn will sound one time and the hazard lights will flash three times.

② Unlock/Disarm

- Press once to unlock the driver's door.
- Press twice (within five seconds) to unlock all doors.
- When the "Unlock/Disarm" button is pressed, the dome and map lights will illuminate if the dome light switch is in the middle position.

③ Unlocking the Rear Gate

- Press to unlock the rear gate.

④ Panic Alarm

- Press once and the horn will sound and the hazard lights will flash.
- Press any button on the remote to deactivate.

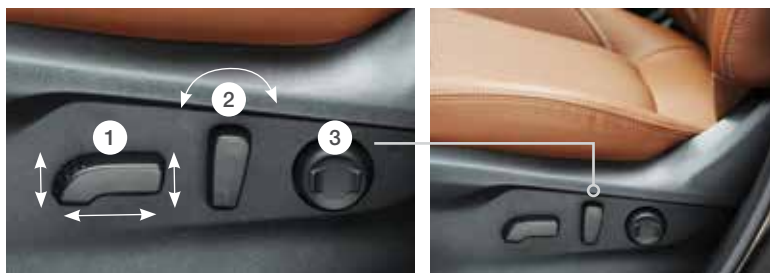


Keyless Access with Push-Button Start System (if equipped)

By simply carrying the access key in your pocket, you can lock and unlock doors, open the rear gate and start your car without ever having to take the key fob out of your pocket.



Seating



Power Driver's Seat (if equipped)

Do not adjust the seat while driving.

① Forward/Backward, Angle and Height

Move the switch toward the front or rear to move the seat forward or backward. Pull up or push down on the front of the switch to adjust the angle of the seat cushion. Pull up or push down on the rear of the switch to adjust the height of the entire seat cushion.

② Seatback

Move the switch in the corresponding direction to adjust the angle of the seatback.

③ Lumbar Support

Press the front part of the switch to increase lumbar support; press the rear part of the switch to decrease lumbar support.

Memory Driver's Seat (if equipped)

While pressing the "SET" button, press and hold the desired button "1" or "2". A beep sounds when the seat position is registered. Press button "1" or "2" to retrieve the seat positions.



Seating

Seat Controls

Do not adjust seats while driving.

① Forward/Backward

Pull up on the lever below the front of the driver's seat to move the seat forward or backward.

② Raise/Lower Seat Cushion

To adjust the height of the driver's seat, pull up or push down the seat height adjustment lever, located on the lower left side front of the seat.

③ Recline Seatback

To adjust the seatback to the desired position, pull up on the recline lever, located on the lower left rear of the driver's seat or lower right rear of the passenger's seat.



Heated Seats (if equipped)

The switches are located on the center console between the driver and passenger seats. Choose low (bottom of switch) for normal heating or high (top of switch) for rapid heating. Choose the center position to turn off the seat heaters.



Rear Seat Heater (if equipped)

Press the rear seat heater switch. Each time you press the switch, the mode will change as follows: High, Low, Off.



Folding the Rear Seat

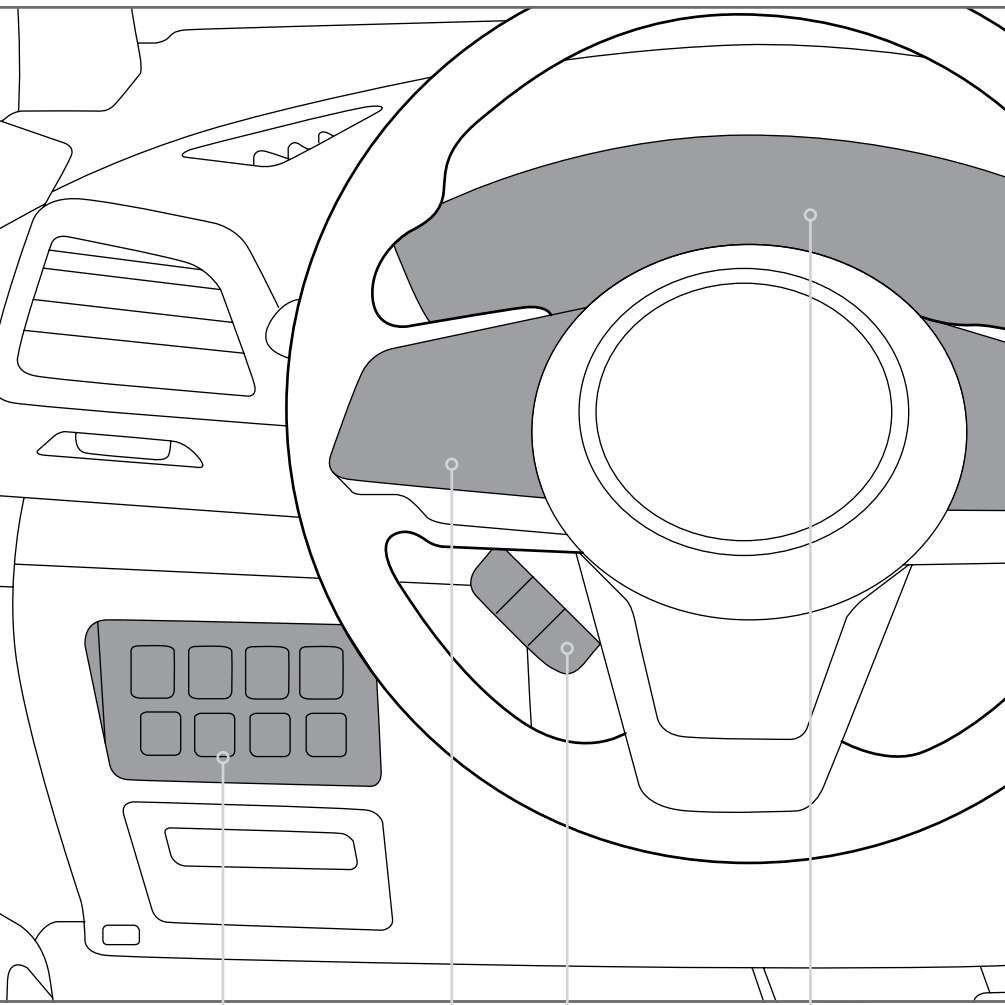
Lower the headrests. Pull up on the release knob on the seat side that you want to fold down. To return the seatback to its original position, raise the seatback until it locks into place, making sure that it is securely locked.



If equipped, release latches are located on either side of the cargo area. Pull the release latch on the seat side that you want to fold down.



Instrument Panel



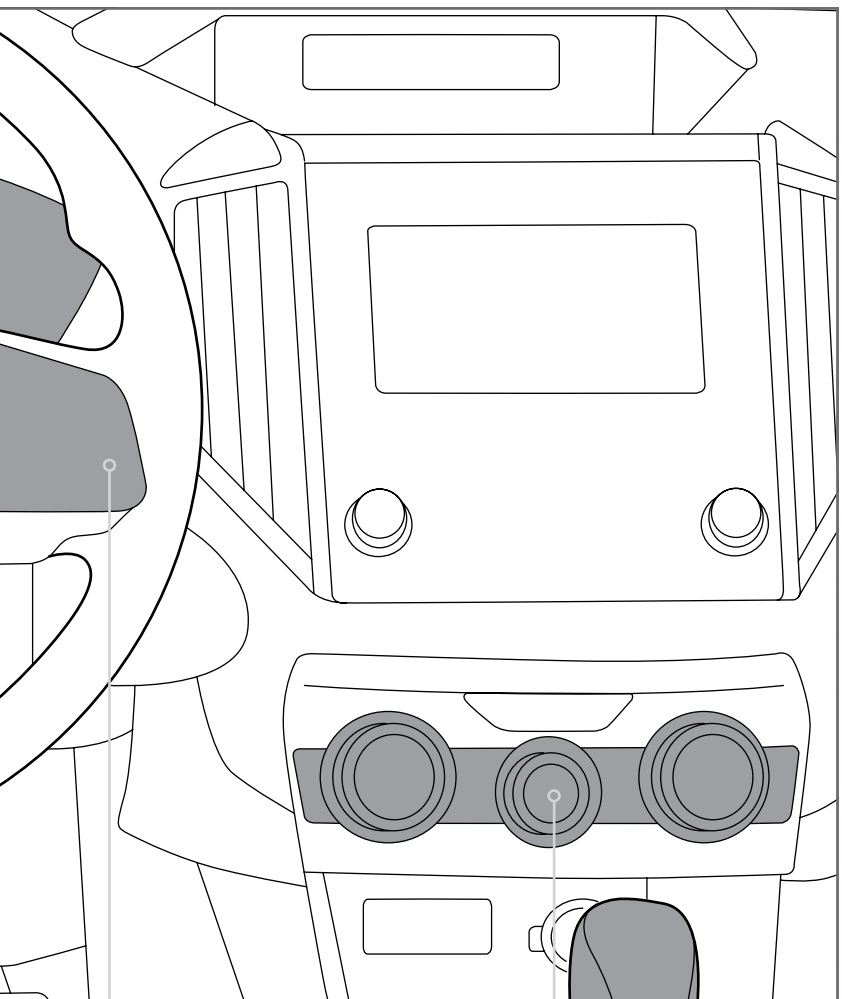
PAGE
NUMBER

12, 20

18

10

8-9



19

14-17

Gauges

Forester
Forester Premium
Forester Sport
Forester Limited
Forester Touring

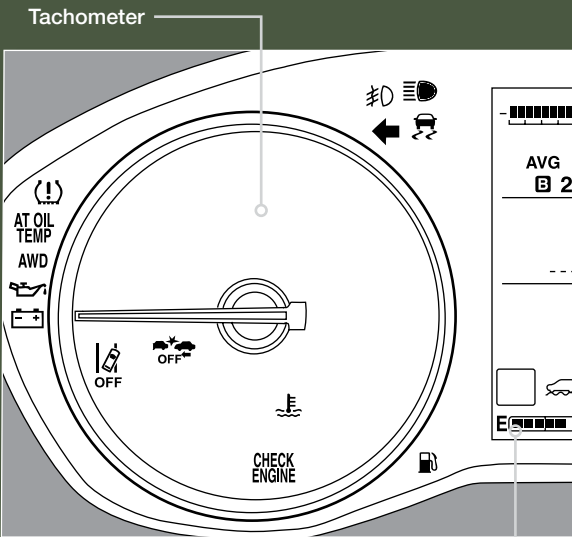
Immediate Attention

Caution

Informational



Trip meter reset button



Fuel gauge



Seatbelt warning

BRAKE / Brake system



Front passenger seatbelt warning (Located on overhead console)



Hot coolant temperature/
Cold coolant temperature



SRS airbag system



High beam indicator light



Security indicator light



AT OIL TEMP



Charge warning



ABS / (ABS) ABS warning



Oil pressure warning



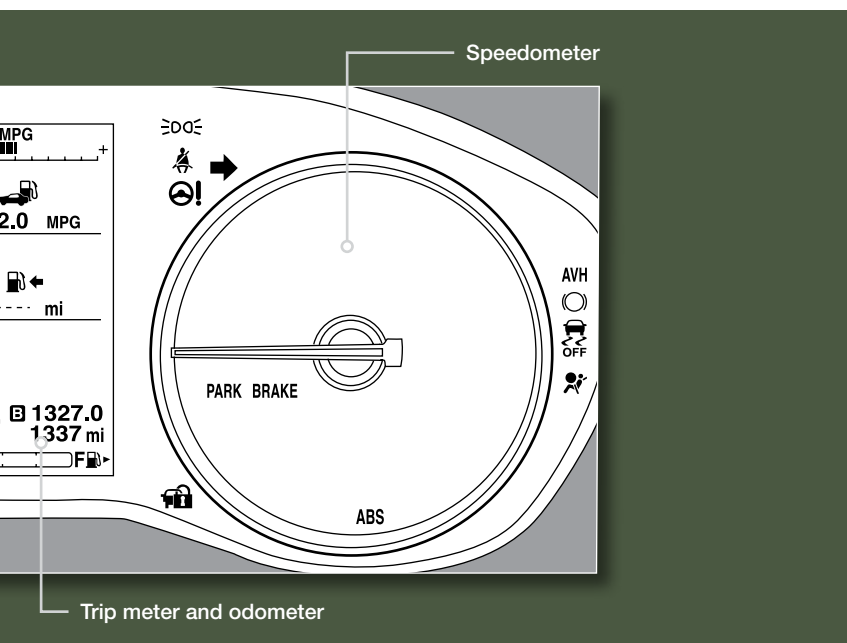
Low fuel



Power steering warning



All-Wheel Drive



Auto Vehicle Hold operation



Pre-Collision Braking System OFF light

Vehicle Dynamics Control/
Vehicle Dynamics Control operation

Lane Departure Warning OFF light



Vehicle Dynamics Control OFF



Auto Vehicle Hold ON

CHECK ENGINE/
Malfuction indicator

Turn signals



Tire pressure warning light



Front fog light indicator light (if equipped)

Front passenger airbag ON
(Located on center console)

Headlight indicator light

Front passenger airbag OFF
(Located on center console)

Personalize

Tilt and Telescopic Steering Column

Pull the lever down firmly to adjust the height and lengthwise position of the column; firmly push the lever back up to lock the column in place. Do not adjust while driving.



i/SET Combination Meter Display Controls

Use the controls to display and switch selected items in the combination meter display. Please refer to your Owner's Manual for details on these controls.



Heated Steering Wheel (if equipped)

To activate, pull the Heated Steering Wheel switch while the ignition is in the ON position. The indicator light on the switch will illuminate.

To deactivate, pull the Heated Steering Wheel switch again.



Power Exterior Mirrors

Turn the knob to the “L” side to adjust the left-hand mirror or to the “R” side to adjust the right-hand mirror. Move the knob in the direction you want to move the mirror. Then return the knob to the neutral/center position.



Power Moonroof (if equipped)

With the moonroof in the fully closed position, press the switch ① to fully open the moonroof. Press the switch ② to close the moonroof. To stop the moonroof in a midway position while opening or closing, momentarily press the switch to the ① side or ② side.



HomeLink® 5 Accessory Mirror (if equipped)

The HomeLink 5 accessory mirror provides three buttons to replace up to three hand-held radio frequency remotes used to activate devices such as garage door openers, gate openers, entry door locks, security systems and home lighting. Please see your Owner's Manual for programming instructions or visit www.subaru.com/homelink to view a how-to video.



Controls

Light Controls

Push forward to change from low beam to high beam. Pull the lever back to center to return to low beam.

Push slightly up for lane change or fully up for right turn signal.

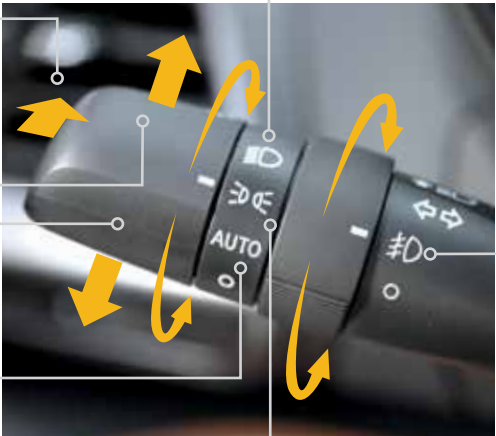
Push slightly down for lane change or fully down for left turn signal.

AUTO: The vehicle's lights are automatically on or off, depending on the level of outside light.

Turns on headlights, instrument panel illumination, parking lights, tail lights and license plate lights.

Rotate to turn on fog lights (if equipped).

Turns on instrument panel lights, tail lights, parking lights and license plate lights.



While the light switch is on, rotate the dial downward to dim the instrument panel illumination. Rotate the dial upward to make the illumination brighter. When the dial is fully rotated upward (dots aligned), the instrument panel illumination stays at full brightness.







Windshield Wipers

To turn on the wipers, press the wiper control lever down one level for intermittent, two levels for low, or three levels for high speed. Return the lever to the “OFF” position to stop the wipers. For a single wipe, move the lever up. To spray washer fluid, pull and hold the lever toward you. Rotate the dial to adjust the intermittent wiper speed.

To operate the rear wiper, rotate the end of the knob upward to the intermittent, continuous, or wash position. When the rear wiper is off, rotate the knob downward to wash and wipe the rear window.

Daytime Running Lights

Daytime running lights are standard on your vehicle. Only the front daytime running lights will be automatically turned on when the engine has started, the parking brake is fully released and the light switch is in the “OFF”, “AUTO” or “” position. The brightness of the illumination of the high beam headlights is reduced by the daytime running light system. You must always switch on your headlights when it is dark outside by turning the light switch to the “” position or have the switch in the “AUTO” position.

Controls



Automatic Climate Control System (if equipped)

① Automatic On and Off

This system automatically controls outlet air temperature, fan speed, air flow distribution, air inlet control, and air conditioner compressor operation. Press “AUTO” to activate. Press “OFF” to turn off the system.

② Temperature Control Dial

Rotate the dial clockwise to increase the temperature or rotate the dial counterclockwise to decrease the temperature and maintain a comfortable climate within the driver and passenger compartment. The temperature is displayed digitally on the screen.

Operation in Manual Mode

③ Recirculated/Outside Air Button

Press the air inlet selection button to prevent outside air from being drawn into the passenger compartment. Press the button again to allow outside air into the compartment. TO PREVENT WINDSHIELD FOGGING, DO NOT REMAIN IN THE RECIRCULATED MODE FOR AN EXTENDED PERIOD OF TIME

④ Fan Speed Control Knob

Rotate the fan speed control knob to select the desired fan speed.

⑤ Air Flow Mode Selection Dial

Turn the “MODE” dial to select the desired air flow mode. The selected air flow mode – either ventilation, bi-level, heat or heat-defrost – is shown on the display.



Located in the multi-function display;
top center of dash

⑥ Air Conditioner Button

Press the “A/C” button to activate the air conditioning. Press it again to turn off the air conditioning.

⑦ Defroster Button

Press the button to defrost or dehumidify the windshield and front door windows.

⑧ Rear Window Defogger Button

Press the button to turn on the defogger. It will automatically shut off after about 15 minutes. If the window clears before that time, you can press the button again to turn it off. If equipped, the outside mirror defogger and windshield wiper deicer will also activate.

⑨ Maximum Air Conditioner Button

For quicker cooling, press the “MAX A/C” button.

Controls



Dual Zone Automatic Climate Control System (if equipped)

① Automatic On and Off

This system automatically controls outlet air temperature, fan speed, air flow distribution, air inlet control, and air conditioner compressor operation. Press “AUTO” to activate. Press “OFF” to turn off the system.

② Temperature Control Dial

Rotate the dial clockwise to increase the temperature or rotate the dial counterclockwise to decrease the temperature and maintain a comfortable climate within the driver and passenger compartment. The temperature is displayed digitally on the screen.

Separate temperature settings can be adjusted for the driver's side and passenger's side.

Operation in Manual Mode

③ Recirculated/Outside Air Button

Press the air inlet selection button to prevent outside air from being drawn into the passenger compartment. Press the button again to allow outside air into the compartment. TO PREVENT WINDSHIELD FOGGING, DO NOT REMAIN IN THE RECIRCULATED MODE FOR AN EXTENDED PERIOD OF TIME.

④ Fan Speed Control Knob

Rotate the fan speed control knob to select the desired fan speed.

⑤ Air Flow Mode Selection Button

Press the “MODE” button to select the desired air flow mode. The selected air flow mode – either ventilation, ventilation 2, bi-level, heat, heat-defrost, or defrost – is shown on the display.



Located in the multi-function display;
top center of dash

⑥ SYNC Button

Press the button to synchronize both the driver's side and passenger's side temperatures using the driver's side temperature control.

⑦ Air Conditioner Button

Press the "A/C" button to activate the air conditioning. Press it again to turn off the air conditioning.

⑧ MAX Air Conditioner Button

For quicker cooling, press the "MAX A/C" button.

⑨ Defroster Button

Press the button to defrost or dehumidify the windshield and front door windows.

⑩ Rear Window Defogger Button

Press the button to turn on the defogger. It will automatically shut off after about 15 minutes. If the window clears before that time, you can press the button again to turn it off. If equipped, the outside mirror defogger and windshield wiper deicer will also activate.

Controls

Steering Wheel Audio Controls (if equipped)

With any of the radio modes selected, press the left or right arrow button to toggle through your presets. In CD mode, press the buttons to skip forward or back a track.



Push the switch up (+) to increase volume or down (-) to decrease volume.

Press the button to select the desired audio mode – FM, AM, SXM, CD, AUX, MEDIA.

Voice recognition switch; please refer to your SUBARU STARLINK™ Owner's Manual.

USB Port

The USB ports are located in the front of the center console. You can connect a USB-equipped portable music player to the USB port and hear the music stored on it through the vehicle speakers. Press the “SOURCE” button located on the audio system repeatedly until the USB mode is selected.



Auxiliary Input Jack

The 3.5mm auxiliary input jack is located in the front of the center console. You can connect a portable music player to the auxiliary jack and hear the music stored on it through the vehicle speakers. Press the “SOURCE” button located on the audio system to select the auxiliary mode.

Adaptive Cruise Control

Press to increase following distance setting while using Adaptive Cruise Control.
Press and hold to switch to Conventional Cruise Control.

Press to activate or deactivate Adaptive Cruise Control function.



RES/+ switch

SET/- switch

Press to decrease following distance setting while using Adaptive Cruise Control. Press and hold to switch to Conventional Cruise Control.

Press to activate or deactivate Lane Keep Assist.

RES/+ Switch

Press to resume set speed or increase set speed while in either Adaptive or Conventional Cruise Control.

SET/- Switch

Press to set current speed or decrease set speed while in either Adaptive or Conventional Cruise Control.

While Operating



Instrument Panel Switches (lower left)

Please refer to your Owner's Manual for details on these switches.

- ① Power rear gate switch (if equipped)
- ② Steering Responsive Headlights OFF switch (if equipped)
- ③ Rear gate memory switch (if equipped)
- ④ Vehicle Dynamics Control OFF switch
- ⑤ Auto Start Stop OFF switch
- ⑥ Blind Spot Detection/Rear Cross Traffic Alert OFF switch (if equipped)
- ⑦ Driver Monitoring System OFF switch (if equipped)

Paddle Shift Control Switches (if equipped)

- Temporary use: Even when the selector is in the “D” (Drive) position, you can temporarily shift the gear by pulling the “+” or “-” paddle shift control switch. The transmission will automatically switch back to Normal Mode.
- When the selector lever is in Manual Mode, shift to the next higher gear by pulling the “+” paddle shift control switch on the steering wheel. Pull the “-” paddle shift control switch to shift into the next lower gear.



Manual Shifting Operation

Arrow-shaped lights in the center of the instrument panel show whether an upshift is possible and whether a downshift is possible.



Automatic Transmission Shift Mode

The automatic transmission gives you ultimate control with two different driving modes: Normal Mode and Low Mode.

Normal Mode

When the selector lever is in the “D” (Drive) position, the transmission is in Normal shift mode. The shift position indicator on the instrument panel shows “D”, and the transmission automatically shifts into a suitable forward gear.

Low Mode

Low Mode is for using engine braking when going down hill, etc. Moving the selector lever left into the low gate ① from the “D” (Drive) position causes the transmission to change into Low Mode. The shift position indicator shows “L” as the selected gear position.

While Operating

Electronic Parking Brake (EPB)

To apply, depress the brake pedal and pull up the parking brake switch. The brake system warning light on the instrument panel and the indicator light on the parking brake switch will illuminate and “PARK” will appear in the combination meter display.

To release, make sure all doors are closed and your seatbelt is fastened, then gently push the accelerator pedal. Or, while the ignition switch is in the ON position and the brake pedal is depressed, push down the parking brake switch.

Auto Vehicle Hold Function (AVH)

The Auto Vehicle Hold function will automatically keep the vehicle stopped even after releasing the brake pedal when the vehicle is stopped, such as at traffic signals. To activate, press the Auto Vehicle Hold switch. The Auto Vehicle Hold ON indicator light on the instrument panel will illuminate. To deactivate, press the switch again. While the Auto Vehicle Hold function is operating, the Auto Vehicle Hold operation indicator light on the instrument panel will illuminate.



X-MODE® (if equipped)

X-MODE® is the integrated control system of the engine, AWD and Vehicle Dynamics Control system. To activate, press the X-MODE switch (Premium) or turn the switch to the right or left (Sport/Limited/Touring). To deactivate, turn the switch to the right (Premium) or press the switch (Sport/Limited/Touring). Please refer to your Owner's Manual for operational parameters and details about this feature.



Premium



Sport/Limited/Touring

Safety/In Case of Emergency

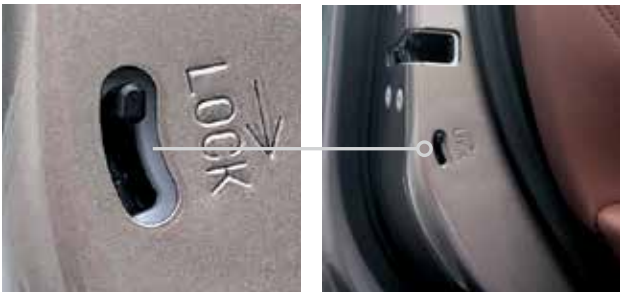


Child Restraint System

Your vehicle is equipped with Lower Anchors and Tethers for CHildren (LATCH). For maximum safety, first carefully read the LATCH system instructions from the device manufacturer, as well as the installation instructions in your Owner's Manual, to properly install the LATCH compatible restraint system. Use the appropriate seatbelts or anchorages provided in your vehicle. Children age 12 and under must properly occupy the rear seat at all times.

Child Safety Locks

The child safety locks are located on the inside edges of the rear doors. In the locked position, the rear doors can only be opened from the outside.





Location of Spare Tire and Jack

A jack and other maintenance tools are stored in the tool bucket in the center of the spare tire, located in the trunk or cargo area. Raise the center lid and remove the bucket from the center of the spare tire. Take the jack out of the bucket. The jack handle is stowed on the back of the center lid of the cargo area.

Emergency Towing Your All-Wheel Drive Vehicle

Since Subaru Symmetrical All-Wheel Drive distributes engine power to all four wheels, improper towing will severely damage your AWD system. A flatbed truck is the only recommended way to properly transport your AWD vehicle. If towing is necessary, it is best done by your Subaru Retailer or a commercial towing service.

Subaru Roadside Assistance

Subaru Roadside Assistance is free and standard on your vehicle. Coverage is automatic; there are no forms to complete. Subaru Roadside Assistance is available anytime during the 3-year/36,000-mile Subaru Limited Warranty, whichever comes first.* A Subaru Roadside Assistance decal has been affixed to the driver's door window.

Subaru Roadside Assistance:
1-800-261-2155

Exclusions

Specifically excluded from Subaru Roadside Assistance coverage are service requests or claims resulting from: accidents, vandalism, acts of God, violation of any laws, misuse and abuse, or vehicle modifications not recommended by the manufacturer.

*See your Retailer for details.

Additional Information

Fuel

Use regular unleaded gasoline with an octane rating of 87 AKI or higher. Consult the Owner's Manual for more detailed information.

Fuel Capacity

- 16.6 US gal (63 liters, 13.9 Imp gal)
- When the low fuel indicator light is displayed on the instrument panel, approximately 2.5 US gallons (9.5 liters, 2.1 Imp gal) of fuel remain.
- If you have recently fueled your vehicle, the Check Engine light on the instrument panel may stay on due to a missing or loose fuel filler cap (the cap should be tightened until a click is heard).

Fuel Filler Lid Release

To unlock the fuel filler lid, unlock your vehicle with the key fob or power door lock switch, or turn the ignition switch to ACC or LOCK/OFF. Push the rear side of the fuel filler lid to open it, then open it fully by hand. To close the fuel door, press on the door until you hear it latch.



Engine Oil

Use only the following oils:

- ILSAC GF-5, which can be identified with the ILSAC certification mark (Starburst mark).
- Or API classification SN with the words "RESOURCE CONSERVING".
 - Use 0W-20 synthetic, replacement interval 6,000 miles under normal driving conditions. No requirement at the first 3,000 miles.

Engine Oil Capacity

- 4.4 US qt (3.7 liters, 4.2 Imp qt)

Tire Pressure Monitoring System (TPMS)

Your vehicle is equipped with a Tire Pressure Monitoring System (TPMS). The individual tire pressure is found in the Combination Meter Display. Tire pressure specifications may be found on the tire information placard found on the driver's side door pillar. Please refer to your Owner's Manual for more information.



Engine Compartment

Please refer to your Owner's Manual for more information.

2.5 L Engine



① Air Cleaner Element

② Engine Oil Dipstick

③ Radiator Cap

④ Engine Oil Filter

⑤ Engine Oil Filler Cap

⑥ Engine Coolant Reservoir

⑦ Windshield Washer Tank

⑧ Battery

⑨ Main Fuse Box

⑩ Brake Fluid Reservoir

One Subaru Drive
Camden, NJ 08103-9800



MSA5B1902A
Issued August 2018
Printed in USA 08/18

