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Manual Transmission Fluid Change

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 Formula 5000 Driver

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 6 spd
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Manual Transmission Fluid Change

This is a DIY for a 07 6MT oil change.

Mechanical Skill Needed (1-10 skill rating/ 10 being the equivalent to motor building skill/ actual VAG mechanic)

-2

Tools Needed

-Ramps/Jack/Stand (depending on how low you are. OEM 4x4 guys may not need them)
 -Socket wrench
 -10mm Allen socket
 -Torque wrench
 -Funnel w/ flexy tube ending or Funnel with silicon tubing to reach fill port
 -Oil pan

Parts Needed

-Your choice of 75W90 gear oil 3L*

* You will not need all 3L of the fluid.

Instructions

1. Roll car up onto ramps or jack car up and use STANDS.
- 1.5. If you still have a belly pan remove it.
2. Place oil pan under transmission drain plug.
3. Remove trans drain plug using socket wrench and 10mm allen socket.
4. Remove fill port plug with same wrench and allen.
5. Let drain. (drink coffee and/or smoke cig while waiting)
6. When all fluid is drained, hand tighten drain plug back in.
7. Using proper size torque wrench, set to 30nm ~23 ft/lbs and tighten plug.
8. Run funnel from the engine bay, down past the driver side head light to fill port.
9. Refill trans with your choice of correct weight trans oil*.
 *Owners manual does not state the actual capacity of the trans (I couldn't find it). Common practice has been anywhere between 2.3L and 2.5L, I personally split the difference at 2.4L.
10. Once full, hand tighten the fill port plug.
11. Using torque wrench tighten back to 30nm.
12. Remove crap from under car, and back of ramps/remove from stands.
13. Start car and take for test drive. Make sure you start off at a slow roll, letting those gears get slathered in oil again.
14. Return home and check for leakage. No leakage good to go. Leakage, check to make sure you followed step 7 and 11.

Impressions

Thicker oil will be a bit finicky in the cold and on cold starts. 1/2 gear may be a bit of a bastard when cold. May also be a little notch when cold. When warm, the shifts will be smoother then the oem fluid (which is already a pretty dang good fluid BTW).

Pic 1. Drain plug.

Pic 2. Fill port plug.

Attached Images

