Land Rover recommends Castrol EDGE Professional:

CAPACITIES

Item	Variant	Capacity
Fuel tank	Diesel	68 litres (15 gallons)
	Petrol	70 litres (15.4 gallons)
Engine oil refill and filter change	Diesel	5.9 litres (10 pints)
	Petrol	5.6 litres (9.9 pints)
Manual gearbox	All vehicles	2 litres (3.5 pints)
Automatic gearbox	All vehicles	7 litres (12.3 pints)
Power Transfer unit	All vehicles	0.75 litres (1.3 pints)
Haldex coupling	All vehicles	0.65 litres (1.1pints)
Rear differential	All vehicles	0.7 litres (1.2 pints)
Washer reservoir	With headlamp wash	5.8 litres (10.2 pints)
	Without headlamp wash	3.1 litres (5.5 pints)
Cooling system (refill)	Diesel Manual	5.4 litres (9.5 pints)
	Diesel (aux heater) Manual	5.6 litres (9.9 pints)
	Diesel Auto	5.7 litres (10 pints)
	Diesel (aux heater) Auto	5.9 litres (10.4 pints)
	Petrol	4.4 litres (7.7 pints)

The quoted capacities are approximate and provided as a guide only. All oil levels must be checked using the dipstick, level plugs or the Instrument panel message centre, as applicable.