Meta 301-00170-01

Oculus Quest All-in-one VR Gaming Headset – 64GB User Manual

Model: 301-00170-01

INTRODUCTION

The Meta Oculus Quest is an all-in-one virtual reality gaming headset designed to provide an immersive VR experience without the need for external sensors or a PC. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your Oculus Quest 64GB headset.

SAFETY INFORMATION

Before using your Oculus Quest, please read and understand all safety warnings and instructions. Failure to do so may result in injury, electric shock, fire, or damage to the device.

- **Clear Your Play Area:** Ensure you have ample space free of obstacles, furniture, and other hazards before starting a VR session.
- **Stay Aware of Surroundings:** Even with the Guardian system, remain aware of your physical surroundings.
- **Take Breaks:** Prolonged use may cause discomfort. Take regular breaks to avoid eye strain or motion sickness.
- **Supervise Children:** This device is not recommended for children under 13. Adult supervision is required for minors.
- **Consult a Doctor:** If you have pre-existing medical conditions, consult a doctor before use.

WHAT'S IN THE BOX

Your Oculus Quest 64GB package includes the following components:

- Oculus Quest Headset (64GB)
- Two Oculus Touch Controllers (Left & Right)
- Power Adapter
- USB-C Charging Cable
- Glasses Spacer

Image: The Oculus Quest headset and its two accompanying Touch controllers. The headset is black with a front-facing camera array, and the controllers are ergonomically designed for hand tracking.

SETUP

1. **Charge the Headset:** Before first use, fully charge your Oculus Quest headset using the provided power adapter and USB-C cable. The LED indicator will turn green when fully charged.

2. **Install Oculus Mobile App:** Download the Oculus mobile app on your smartphone (iOS or Android). This app is essential for initial setup and managing your headset.

3. **Create/Log In to Facebook Account:** The Oculus Quest requires a Facebook account for login and access to features. Follow the prompts in the mobile app to create a new account or log in with an existing one.

4. **Pair Headset and Controllers:**
   - Turn on your headset by pressing and holding the power button.
   - Open the Oculus app on your phone and follow the on-screen instructions to pair your headset.
   - Insert the included AA batteries into your Touch controllers. The controllers will automatically pair with the headset once powered on.

5. **Adjust Headset Fit:**
   - Place the headset on your head, ensuring the back strap cradles the back of your head.
   - Adjust the top strap and side straps for a snug, comfortable fit that keeps the image clear.
   - Adjust the interpupillary distance (IPD) slider at the bottom of the headset to match your eye spacing for optimal clarity.
   - If you wear glasses, use the included glasses spacer to provide more room.

6. **Set Up Guardian System:** The Guardian system helps you define your play area and stay safe.
   - Follow the on-screen instructions in the headset to draw your play boundary.
   - Ensure your play area is clear of obstacles.

OPERATING

Basic Navigation

- **Oculus Button:** Press the Oculus button on your right Touch controller to open the Universal Menu, which provides access to your library, settings, and social features.
- **Thumbsticks:** Use the thumbsticks on both controllers for locomotion and menu navigation.
- **Trigger Buttons:** Use the trigger buttons for selection and interaction within VR experiences.

Using Touch Controllers

The Oculus Touch controllers are designed to provide intuitive hand presence in VR. They precisely recreate your hands, gestures, and interactions, making every game and experience feel natural.

- **Grip Button:** Located on the side of the controller, used for grabbing objects or making a fist.
- **Face Buttons:** A/B on the right controller, X/Y on the left controller, used for various in-game actions.
- **Tracking Rings:** The large rings on the controllers are part of the Insight tracking system, allowing the headset to accurately track their position.

Playing Games and Experiences

Access your game library from the Universal Menu. Select a title to launch it. Many games utilize the Insight tracking system, which instantly reflects your movements in VR without the need for any external accessories. The Oculus Quest supports both standing and sitting play, adapting to your environment.

Casting to Other Devices

You can cast your VR experience to a compatible mobile device or TV. This allows others to see what you are experiencing in VR. Initiate casting from the Universal Menu within the headset.

MAINTENANCE

- **Cleaning the Lenses:** Use a dry microfiber cloth specifically designed for lenses. Wipe gently from the center outwards in a circular motion. *Do not use liquid cleaners, alcohol, or abrasive cloths,* as they can damage the lenses.
- **Cleaning the Headset:** Use a dry or slightly damp microfiber cloth to wipe the exterior of the headset. For the facial interface, follow the manufacturer's recommendations for cleaning or replacement.
- **Battery Care:**
  - Store the headset in a cool, dry place away from direct sunlight.
  - Avoid fully discharging the battery for extended periods.
  - If storing for a long time, charge the battery to around 50%.
- **Storage:** When not in use, store your Oculus Quest in a protective case or a safe place to prevent dust accumulation and accidental damage. Keep it away from direct sunlight, which can cause permanent damage to the lenses and screen.

TROUBLESHOOTING

If you encounter issues with your Oculus Quest, try the following steps:

- **No Power/Won't Turn On:** Ensure the headset is fully charged. Try a different power outlet or USB-C cable.
- **Tracking Issues:**
  - Ensure your play area has adequate lighting.
  - Clean the external cameras on the headset.
  - Restart the headset.

- **Display Issues (Blurry/Distorted):**
  - Adjust the headset's position on your head.
  - Clean the lenses carefully.
  - Adjust the IPD slider.

- **Controller Not Responding:**
  - Check and replace the batteries in the controller.
  - Re-pair the controller via the Oculus mobile app.

- **Software Updates:** Ensure your headset's software is up to date. Updates are typically managed through the Oculus mobile app.

For more detailed troubleshooting or persistent issues, please visit the official Meta Quest support website or contact customer service.

SPECIFICATIONS

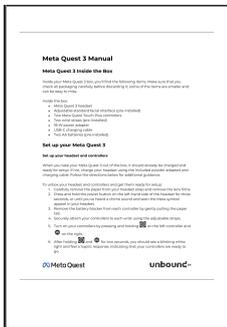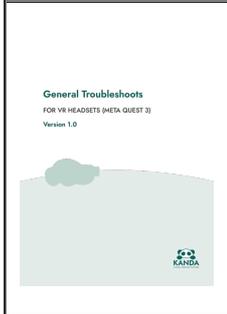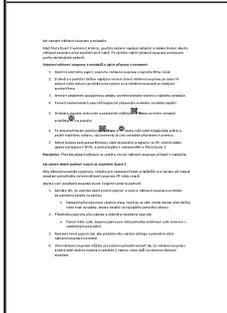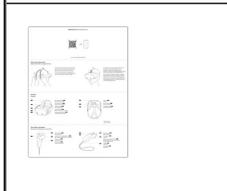| Feature	Detail
Model Number	301-00170-01
Storage Capacity	64GB
Dimensions	6.3 x 8.27 x 3.46 inches
Item Weight	4.57 pounds
Batteries	1 Lithium Polymer battery (included)
Release Date	May 21, 2019
Manufacturer	Oculus

WARRANTY AND SUPPORT

Your Oculus Quest headset is covered by a limited warranty. For specific warranty terms and conditions, please refer to the warranty card included with your product or visit the official Meta Quest support website.
For technical assistance, product registration, or to access frequently asked questions, please visit the Meta Store on Amazon or the official Meta Quest support portal.

Related Documents

[Meta Quest 3 Manual: Setup, Features, and Safety Guide](#)

Comprehensive guide to setting up, adjusting, pairing, and maintaining your Meta Quest 3 VR headset. Includes troubleshooting tips and LED indicator information.

[Meta Quest 3 VR Headset Troubleshooting Guide](#)

A comprehensive guide to troubleshooting common issues with the Meta Quest 3 VR headset, including power management, controller operation, and general VR performance. Version 1.0.

[Meta Quest 3 VR Headset Setup and Maintenance Guide](#)

A comprehensive guide on how to set up, pair, and maintain your Meta Quest 3 VR headset and controllers. Learn about proper fitting, charging, and cleaning to ensure the best user experience.

[Meta Quest 3S Headset and Touch Plus Controllers Quick Start Guide](#)

A guide to adjusting the Meta Quest 3S headset strap and understanding the features of the headset and Touch Plus controllers.