Oculus 301-00173-01

Oculus Quest All-in-one VR Gaming Headset – 128GB User Manual

Brand: Oculus | Model: 301-00173-01

1. Product Overview

The Oculus Quest is an all-in-one virtual reality gaming system designed for immersive experiences without the need for external wires or a PC. It offers a standalone VR experience that can be set up and used almost anywhere with the Oculus mobile application.

The system utilizes Oculus Insight tracking, which employs four ultra-wide angle sensors on the headset to precisely track your environment and translate movements into the virtual space. Intuitive Touch controllers provide ergonomic design and haptic feedback, allowing for natural interaction within VR environments.



Image: The Oculus Quest headset and its two accompanying Touch controllers.

2. What's Included

The Oculus Quest package includes the following components:

- VR headset
- Touch controllers (2 for Oculus Quest)
- Power adapter
- Eyeglass spacer
- Oculus Insight tracking system (integrated)

Note: Two AA batteries are required for the Touch controllers and are included with the product.

3. Setup Guide

Follow these steps to set up your Oculus Quest for the first time:

1. **Unboxing:** Carefully remove all components from the packaging.
2. **Initial Charge:** Connect the power adapter to the headset and a power outlet. Allow the headset to charge fully before first use.
3. **Install Mobile App:** Download and install the Oculus mobile application on your smartphone or tablet. This app is essential for initial setup and managing your device.
4. **Pairing:** Follow the on-screen instructions within the Oculus mobile app to pair your headset and Touch controllers. You will typically enter a code displayed in the headset into the app.
5. **Eyeglass Spacer (Optional):** If you wear eyeglasses, insert the included eyeglass spacer into the headset to provide additional clearance and prevent scratching of your lenses or the headset's lenses.
6. **Guardian System Setup:** Once paired, the headset will guide you through setting up the Guardian system. This defines your play space to ensure safety and prevent collisions with physical objects. You will draw a boundary on the floor using a Touch controller.
7. **Tutorial:** Complete the introductory tutorial within the headset to familiarize yourself with basic interactions and navigation in VR.

4. Operating the Device

The Oculus Quest is designed for intuitive operation. Here are key aspects of using your device:

4.1. Movement and Interaction

- **Oculus Insight Tracking:** The headset's integrated cameras track your head and body movements, translating them directly into the virtual environment.
- **Touch Controllers:** These controllers are your primary means of interaction. They precisely recreate your hands and gestures in VR, allowing you to pick up objects, navigate menus, and perform in-game actions.
- **Hand Tracking:** The Oculus Quest supports experimental hand tracking, allowing you to interact with some VR experiences using only your bare hands, without the controllers. This feature can be enabled in the headset settings.

4.2. Play Space

The Oculus Quest adapts to your environment. You can play standing or sitting, in spaces of various sizes, as defined by your Guardian boundary. The system will alert you if you approach or cross your defined boundary.

4.3. Content and Connectivity

- **Oculus Store:** Games and applications can be purchased and downloaded directly from the Oculus Store, accessible within the headset or via the Oculus mobile app.
- **Oculus Link:** For expanded content, the Oculus Quest can be connected to a compatible PC via a USB-C cable (Oculus Link cable recommended) to play PC VR games from the Oculus Rift library or SteamVR.
- **Battery Life:** The headset typically provides approximately 2 to 2.5 hours of battery life during active gameplay. Controller battery life is longer, but it is recommended to have spare AA batteries or rechargeable ones.

5. Maintenance

Proper maintenance ensures the longevity and optimal performance of your Oculus Quest:

- **Lens Cleaning:** Use a dry microfiber cloth specifically designed for optical lenses to gently clean the headset lenses. Do not use liquid cleaners, alcohol, or abrasive cloths, as these can damage the lenses.
- **Headset Cleaning:** Wipe the exterior of the headset and the foam interface with a clean, dry cloth. For deeper cleaning of the foam, consult Oculus support guidelines.
- **Controller Cleaning:** Clean the Touch controllers with a dry or slightly damp cloth. Avoid getting moisture into any

openings.

- **Battery Replacement:** Replace the AA batteries in the Touch controllers when indicated by the system or when performance degrades.
- **Storage:** Store the headset in a cool, dry place away from direct sunlight. Prolonged exposure to sunlight can damage the lenses and display.

6. Troubleshooting

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

- **Tracking Issues:** Ensure your play space is well-lit but avoid direct sunlight. Remove any reflective surfaces that might interfere with tracking. Restarting the headset can often resolve minor tracking glitches.
- **Controller Connectivity:** If controllers are not responding, check their AA batteries and replace if necessary. Ensure they are properly paired via the Oculus mobile app.
- **Headset Discomfort:** The headset can be front-heavy. Adjust the straps for a balanced fit. Some users find adding a counterweight to the back strap improves comfort during extended sessions.
- **Software Glitches:** If the user interface (UI) appears buggy or unresponsive, try restarting the headset. Ensure your Oculus software and mobile app are updated to the latest version.
- **Display Issues:** If the display is blurry, adjust the interpupillary distance (IPD) slider on the bottom of the headset until the image is clear. Ensure the lenses are clean.
- **Oculus Link Problems:** If using Oculus Link, ensure you have a compatible USB-C cable and that your PC meets the minimum system requirements for PC VR. Update your graphics drivers.

For persistent issues, refer to the Oculus support website or contact customer service.

7. Specifications

Feature	Detail
Model Number	301-00173-01
ASIN	B07QPKZKL5
Manufacturer	Oculus
Item Weight	4.56 pounds (approx. 2.07 kg)
Package Dimensions	14.72 x 8.99 x 5.18 inches (approx. 37.39 x 22.83 x 13.16 cm)
Release Date	May 21, 2019
Batteries Required	2 AA batteries (included for controllers)
Type of Item	Console (VR Gaming System)

8. Warranty and Support

Oculus products typically come with a limited manufacturer's warranty. For specific warranty terms and conditions, please refer to the documentation included with your product or visit the official Oculus support website.

Extended protection plans may be available for purchase separately to provide additional coverage beyond the standard warranty period. Examples of such plans include:

- 2-Year Protection Plan
- 3-Year Protection Plan
- Complete Protect (monthly subscription option)

For technical assistance, troubleshooting, or warranty claims, please contact Oculus Customer Support through their official channels.

© 2024 Oculus. All rights reserved. This manual is for informational purposes only.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question