Meta Quest 899-00187-02

Meta Quest 2 Virtual Reality Headset User Manual

Model: 899-00187-02

INTRODUCTION

Welcome to the world of virtual reality with your new Meta Quest 2. This advanced all-in-one VR system allows you to explore new dimensions of gaming, social interaction, entertainment, and fitness. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your device to ensure a seamless and immersive experience.

The Meta Quest 2 features a super-fast processor, high-resolution display, 3D positional audio, hand tracking, and haptic feedback to make virtual worlds feel real. With a vast library of over 250 titles, your VR journey is just beginning.

WHAT'S IN THE BOX

This image displays all the components included in the Meta Quest 2 package. You should find the VR headset, two Touch Controllers (Left & Right), a Glass Spacer, two AA Batteries, a Quick Start Guide, a Power Adapter (US, UK, EU, AU), a Safety & Warranty Guide, and a Charging Cable.

- Meta Quest 2 VR Headset
- 2 Touch Controllers (Left & Right)
- Glass Spacer
- 2 AA Batteries (for controllers)
- Quick Start Guide
- Power Adapter (US, UK, EU, AU)
- Safety & Warranty Guide
- Charging Cable (USB-C)

SETUP

1. Initial Device Setup

Before using your Meta Quest 2, ensure it is fully charged. Connect the provided charging cable to the headset and the power adapter to a wall outlet. The LED indicator on the headset will show charging status.

This image shows the Meta Quest 2 headset and its two Touch controllers. The headset is white with a black face interface, and the controllers are also white with black buttons and joysticks. This is the primary hardware you will be setting up.

2. Controller Pairing

Insert the AA batteries into each Touch controller. The controllers should automatically pair with your headset upon first power-on. If not, follow the on-screen instructions in the headset or refer to the Quick Start Guide.

A close-up view of the Meta Quest 2 Touch controller being held in a hand. The controller features a circular tracking ring, a joystick, and several buttons (A, B, X, Y, and menu buttons). This image highlights the ergonomic design and button layout for user interaction.

3. Software Installation and Account Setup

1. Download the **Meta Quest smartphone app** on your mobile device.

2. Open the app and log in with your **Facebook account**. A Facebook account is required for Meta Quest 2 functionality.

3. Follow the in-app instructions to connect your headset to the app and complete the initial setup, including Wi-Fi connection and Guardian system setup.

4. Adjusting the Headset

Adjust the straps for a comfortable and secure fit. Ensure the lenses are centered with your eyes for optimal clarity. If you wear glasses, use the included glass spacer to prevent scratching the lenses.

This image provides a side view of the Meta Quest 2 headset, highlighting its adjustable strap and the sleek design. The strap can be adjusted to fit various head sizes, ensuring comfort during extended use.

OPERATING THE DEVICE

Powering On/Off

To power on, press and hold the power button on the side of the headset until you see the Meta logo. To power off, press and hold the power button until a menu appears, then select "Power Off".

Navigating the VR Environment

Use the Touch controllers to interact with the virtual environment. The joystick allows for movement, while the buttons are used for selection, actions, and accessing menus. Hand tracking is also available for certain applications, allowing you to use your bare hands for interaction.

A person is shown wearing the Meta Quest 2 headset and actively using the Touch controllers, demonstrating an immersive VR experience. This image illustrates the typical user posture during gameplay or interaction within the virtual environment.

Guardian System

The Guardian system helps you stay safe while in VR by creating a virtual boundary around your play space. If you approach the boundary, a grid will appear in your view. Always ensure you have enough clear space to move around safely.

PC VR Compatibility (Oculus Link)

The Meta Quest 2 can be connected to a compatible PC using an Oculus Link cable (sold separately) or wirelessly via Air Link to access PC VR games and applications. This expands your content library significantly.

Your browser does not support the video tag.

This video provides an overview of the Meta Quest 2, highlighting its key features such as performance, immersive content capabilities, and wireless freedom. It showcases the headset and controllers in action, demonstrating the seamless experience of an all-in-one VR system and its compatibility with PC VR via Oculus Link.

MAINTENANCE AND CARE

- **Lenses:** Use a dry microfiber cloth to clean the lenses. Do not use liquid or chemical cleaners.
- **Headset:** Wipe the headset with a dry cloth. For the facial interface, use non-abrasive, anti-bacterial wipes.
- **Storage:** Store the headset away from direct sunlight, as prolonged exposure can damage the lenses and screen.
- **Controllers:** Keep controllers dry and clean. Replace AA batteries as needed.

TROUBLESHOOTING

Problem	Solution
Headset not powering on	Ensure the headset is fully charged. Try holding the power button for 30 seconds for a hard reset.
Controllers not pairing	Check controller batteries. Re-pair through the Meta Quest app or headset settings.
Blurry vision / Image not clear	Adjust the headset's fit and IPD (interpupillary distance) slider. Clean the lenses with a microfiber cloth.
Guardian system issues	Redraw your Guardian boundary in the headset settings. Ensure your play space is well-lit.
App crashes or performance issues	Restart the headset. Ensure software is up to date. Free up storage space if necessary.

SPECIFICATIONS

Feature	Detail
Model Name	Advanced 128GB
Model Number	899-00187-02
Storage	128 GB
Processor	Qualcomm® Snapdragon™ XR2 Platform
Display Resolution	50% increase in pixel resolution compared to Oculus Quest
Audio	Integrated 3D Positional Audio
Connectivity	Wi-Fi, USB-C (for charging and Oculus Link)
Controllers	Meta Quest Touch Controllers (2x AA batteries included)
Dimensions	10.24"D x 7.36"W x 4.96"H
Item Weight	3.88 pounds
Battery Life	Up to three hours of gameplay (approximate)

SAFETY INFORMATION

Always ensure you have a clear and safe play space free from obstacles. Remain aware of your physical surroundings while using the headset. Take regular breaks to avoid eye strain or discomfort. Consult a doctor before use if you have pre-existing medical conditions that could be affected by VR.

The Meta Quest 2 is recommended for users aged 13 and older. Supervise children when they are using the device.

WARRANTY AND SUPPORT

For detailed warranty information, please refer to the **Safety & Warranty Guide** included in your product packaging. You can also find comprehensive support, FAQs, and contact information on the official Meta Quest support website.
Visit meta.com/quest/support/ for the latest support resources.

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