

Generic Pico 4

Pico 4 VR Headset 256 GB User Manual

Comprehensive guide for setup, operation, and maintenance of your Pico 4 VR Headset.

1. INTRODUCTION

Welcome to the user manual for your Pico 4 VR Headset. This guide provides essential information to help you set up, operate, and maintain your device, ensuring an optimal virtual reality experience. The Pico 4 VR Headset offers an immersive experience with its lightweight design, advanced pancake lenses, and high-resolution display.



Figure 1: The Pico 4 VR Headset with its two next-generation controllers. The headset features a sleek, lightweight design in white with a dark front panel.

2. WHAT'S IN THE BOX

Upon opening your Pico 4 VR Headset package, please verify that all the following components are included:

- Pico 4 VR Headset
- 2x Next Generation Pico Controllers
- 2x Lanyards for Controllers
- 4x AA Batteries (for controllers)
- USB-C Charging Cable
- AC Adapter
- Face Pad
- Glasses Spacer
- Nose Pad
- Product Manuals (this document)

3. SETUP GUIDE

3.1. Charging the Headset

Before first use, fully charge your Pico 4 VR Headset.

1. Connect the USB-C charging cable to the headset's USB-C port.
2. Connect the other end of the cable to the provided AC adapter.
3. Plug the AC adapter into a power outlet.
4. The indicator light on the headset will show charging status. A full charge can take approximately 2-3 hours.

3.2. Inserting Controller Batteries

Each Pico controller requires two AA batteries.

1. Locate the battery compartment on each controller.
2. Open the compartment cover.
3. Insert the two AA batteries, ensuring correct polarity (+/-).
4. Close the compartment cover securely.



Figure 2: A single Pico 4 VR controller, showing its ergonomic design and button layout.

3.3. Initial Headset Fit and IPD Adjustment

Proper fit and Interpupillary Distance (IPD) adjustment are crucial for comfort and visual clarity.

1. Place the headset on your head, ensuring the front is comfortable on your face and the rear strap cradles the back of your head.
2. Adjust the top strap and side straps for a snug, yet comfortable fit.

3. The Pico 4 features mechanical and continuously configurable IPD adjustment, supporting a spectrum of 62-72 millimeters. Adjust the IPD dial (usually located on the bottom or side of the headset) until the image appears clear and comfortable for both eyes.
4. If you wear glasses, use the included glasses spacer for a better fit.



Figure 3: Side view of the Pico 4 VR Headset, highlighting its compact design and side strap.

4. OPERATING THE HEADSET

4.1. Powering On/Off

- To power on: Press and hold the power button (located on the side of the headset) until the Pico logo appears.
- To power off: Press and hold the power button until a power-off menu appears, then select "Power Off".

4.2. Basic Navigation and Controller Usage

The Pico 4 VR Headset operates wirelessly and does not require a PC for standalone use.

- Use the joystick on the controller to navigate menus and move in virtual environments.
- The trigger button is typically used for selection or interaction.
- Familiarize yourself with the A/B/X/Y buttons and menu buttons for in-app functions.
- The headset features 5 integrated cameras for inside-out 6DoF tracking, providing accurate movement tracking without external sensors.



Figure 4: Front view of the Pico 4 VR Headset and its controllers, showcasing the integrated cameras for tracking.

4.3. Using the Pico Fitness App

The Pico 4 includes a special Pico Fitness app designed to track your activity.

- Launch the Pico Fitness app from the main menu.
- The app features a calorie counter and performance tracker.
- It can record your calories and activities across all compatible VR applications, providing a comprehensive overview of your VR fitness sessions.

4.4. PC Streaming and Wireless Usability

The Pico 4 supports excellent PC streaming and wireless usability for an enhanced VR experience.

- Ensure your PC meets the minimum system requirements for VR streaming (e.g., Windows operating system).
- Connect your headset to your PC via Wi-Fi 6 for optimal wireless performance.
- Refer to the Pico software documentation for detailed instructions on setting up PC VR streaming.

5. MAINTENANCE AND CARE

5.1. Cleaning the Headset and Lenses

- Use a dry microfiber cloth to gently wipe the lenses. Do not use liquid cleaners or abrasive materials.
- For the headset body and face pad, use a soft, damp cloth. Ensure the headset is powered off and disconnected from power before cleaning.
- The face pad can be removed for more thorough cleaning if necessary, following instructions in the full product manual (if available).

5.2. Battery Care

- To maximize battery life, avoid fully discharging the headset frequently.
- Store the headset in a cool, dry place when not in use.
- If storing for an extended period, charge the headset to about 50% before storage.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Headset not powering on	Low battery; Power button not held long enough	Charge the headset; Press and hold the power button for several seconds
Controllers not responding	Dead batteries; Not paired; Out of range	Replace AA batteries; Re-pair controllers via headset settings; Ensure controllers are within tracking range
Blurry image	Incorrect IPD setting; Lenses dirty; Headset not properly fitted	Adjust IPD dial; Clean lenses with microfiber cloth; Adjust headset straps for snug fit
Wi-Fi connectivity issues	Weak signal; Incorrect password; Router issues	Move closer to Wi-Fi router; Re-enter Wi-Fi password; Restart router and headset

7. SPECIFICATIONS

Below are the key technical specifications for the Pico 4 VR Headset:

- CPU:** Qualcomm Snapdragon XR2 processor
- Display:** 4K+ LCD display with pancake lenses
- Resolution:** 2160 x 2160 pixels per eye
- Field of View (FOV):** 105 degrees
- RAM:** 8GB
- Internal Memory:** 256GB
- Weight:** 295g (headset only)
- Battery Life:** Up to 3 hours
- Refresh Rate:** 90Hz
- Tracking:** 5 integrated cameras for inside-out 6DoF tracking
- Connectivity:** USB-C, Bluetooth 5.1, Wi-Fi 6
- Audio:** Integrated speakers and microphone
- IPD Adjustability:** Mechanically and continuously configurable (62 – 72 mm)
- Operating System:** Windows (for PC streaming)
- Product Dimensions:** 16 x 10 x 6 inches

8. WARRANTY AND SUPPORT

For information regarding warranty coverage, technical support, or service, please refer to the official Pico website or contact their customer service. Keep your proof of purchase for warranty claims.

For additional resources and frequently asked questions, visit the [Pico Official Website](#).