

Meta Meta Quest 3

Meta Quest 3 512GB Virtual Reality Headset User Manual

Model: 815820025344

Brand: Meta

1. INTRODUCTION

Welcome to the Meta Quest 3, a mixed reality headset designed for immersive virtual experiences and seamless blending of digital content with your physical environment. This manual provides essential information for the safe and effective setup, operation, maintenance, and troubleshooting of your device. Please read this manual thoroughly before using your Meta Quest 3.

2. PACKAGE CONTENTS

Verify that all items listed below are present in your Meta Quest 3 package:

What's included

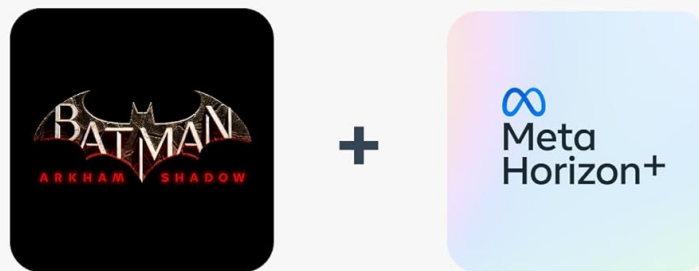


Image: The Meta Quest 3 package contents, including the headset, two Touch Plus controllers, a charging cable, a power adapter, and a head strap.

- Meta Quest 3 Headset
- Meta Quest Touch Plus Controllers (2)
- Charging Cable (USB-C)
- Power Adapter
- Head Strap

3. INITIAL SETUP

Follow these steps to set up your Meta Quest 3 for the first time:



Image: The Meta Quest 3 headset and its accompanying Touch Plus controllers.

1. **Unboxing and Inspection:** Carefully remove all components from the packaging. Inspect the headset and controllers for any visible damage.
2. **Charging the Device:** Connect the charging cable to the headset and the power adapter, then plug it into a power outlet. Allow the headset to charge fully before first use. The LED indicator on the headset will show charging status.
3. **Adjusting the Headset:** Place the headset on your head. Adjust the top strap and side straps to ensure a comfortable and secure fit. The headset should feel snug but not exert excessive pressure. Adjust the interpupillary distance (IPD) using the wheel on the bottom of the headset for optimal visual clarity.
4. **Controller Pairing:** The Touch Plus controllers are typically pre-paired. If not, follow the on-screen instructions in the headset to pair them. Ensure batteries are inserted correctly.
5. **Guardian System Setup:** Once powered on, the headset will guide you through setting up your Guardian system. This defines your play space and helps prevent you from bumping into objects. You can choose between a Stationary Boundary or a Roomscale Boundary.
6. **Software Installation/Updates:** Download the Meta Quest app on your smartphone. Follow the in-app instructions to connect your headset and complete any necessary software updates. This app is essential for managing your device and downloading content.

4. OPERATING INSTRUCTIONS

4.1 Powering On/Off

- **To Power On:** Press and hold the power button on the side of the headset until the Meta logo appears.
- **To Power Off:** Press and hold the power button until a power menu appears in your view, then select 'Power Off'. Alternatively, you can power off via the Meta Quest app.

4.2 Navigation and User Interface

Use the Touch Plus controllers to navigate the Meta Quest home environment. The analog sticks control movement, and the buttons allow for selections, menu access, and in-app interactions. Familiarize yourself with the controller layout and button functions.

4.3 Mixed Reality Experience



Image: A user wearing the Meta Quest 3 headset, engaging with virtual elements seamlessly integrated into their physical room environment.

The Meta Quest 3 features full-color Passthrough, allowing you to see your physical surroundings while wearing the headset. This enables mixed reality experiences where virtual objects blend with your real world. You can activate Passthrough mode through the quick settings menu or by double-tapping the side

of the headset.

4.4 Virtual Reality Gaming and Applications

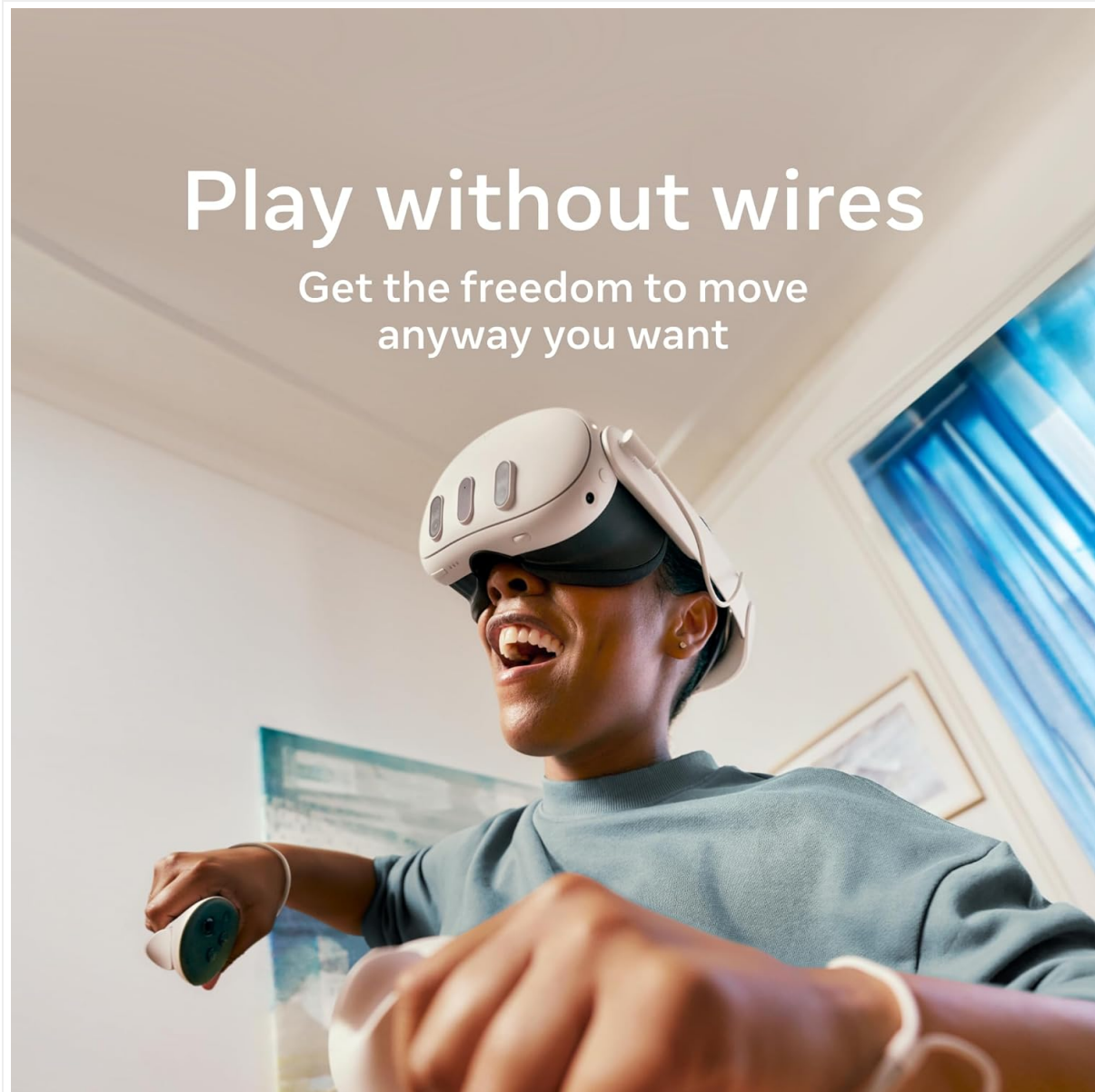


Image: A person wearing the Meta Quest 3 headset, enjoying a virtual reality experience without any connecting wires, demonstrating freedom of movement.

Access a wide range of virtual reality games and applications through the Meta Quest Store. Use the controllers to browse, purchase, and launch content. Ensure your play space is clear and the Guardian system is properly set up for safe VR immersion.

4.5 Adjusting Visuals and Audio

Nearly 30% leap in resolution*

Take in our best display yet



*Compared to Quest 2. See child safety guidance at meta.com/quest/parent-info; Meta accounts for 10+.

Image: Hands holding the Meta Quest 3 headset, highlighting its advanced display technology and resolution capabilities.

- **Lens Spacing (IPD):** Use the adjustment wheel on the bottom of the headset to fine-tune the distance between the lenses for the clearest image.
- **Volume Control:** Adjust the volume using the buttons located on the headset.
- **Headset Fit:** Re-adjust straps as needed during use to maintain comfort and optimal visual clarity.

5. CARE AND MAINTENANCE

Proper care extends the life of your Meta Quest 3:

- **Cleaning the Lenses:** Use a dry microfiber cloth specifically designed for optical lenses. Wipe gently in a circular motion from the center outwards. Do not use liquid cleaners, alcohol, or abrasive cloths, as these can damage the lenses.
- **Cleaning the Headset and Controllers:** Use a dry or slightly damp, non-abrasive cloth to clean the exterior surfaces. Avoid getting moisture into any openings.
- **Battery Care:** For optimal battery life, avoid fully discharging the device frequently. Store the device in a cool, dry place when not in use.
- **Storage:** Store your Meta Quest 3 in a safe place away from direct sunlight, dust, and extreme temperatures. Consider using a protective case for transport and long-term storage.

6. TROUBLESHOOTING COMMON ISSUES

If you encounter problems with your Meta Quest 3, refer to the following solutions:

Issue	Possible Solution
Headset not powering on	Ensure the headset is fully charged. Press and hold the power button for at least 10 seconds to perform a hard reset.
Controllers not pairing	Check controller batteries. Re-pair controllers through the Meta Quest app or headset settings. Ensure no other Bluetooth devices are interfering.
Blurry visuals	Adjust the IPD (interpupillary distance) wheel. Ensure the headset is positioned correctly on your head. Clean the lenses with a microfiber cloth.
Wi-Fi connectivity issues	Restart your Wi-Fi router. Ensure the headset is within range of your Wi-Fi network. Re-enter Wi-Fi password in headset settings.
Guardian system problems	Re-draw your Guardian boundary in a well-lit area. Ensure your play space is clear of obstacles.

7. TECHNICAL SPECIFICATIONS

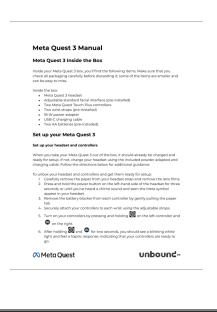
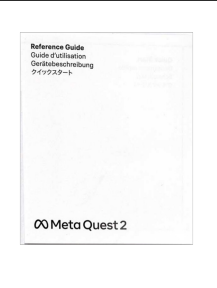

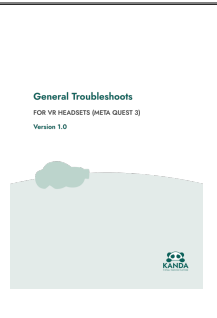
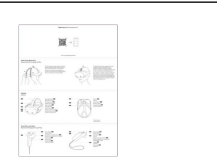
Key technical details for the Meta Quest 3 512GB headset:

Feature	Detail
Model Name	Meta Quest 3
Item Model Number	815820025344
Product Dimensions	20.08 x 24.02 x 56.69 inches
Item Weight	2.76 pounds
Batteries	1 Lithium Polymer battery (included)
Connectivity Technology	Wi-Fi
Special Feature	Touch Plus Controllers
Compatible Devices	Personal Computer, Game Console, Smartphone, Tablet
Language	English

8. WARRANTY INFORMATION AND CUSTOMER SUPPORT

The Meta Quest 3 is covered by a standard manufacturer's warranty. For detailed warranty terms and conditions, please refer to the official Meta website or contact Meta customer support directly. For further assistance, troubleshooting guides, and frequently asked questions, please visit the official

Related Documents - Meta Quest 3

	<p>Meta Quest 3 Manual: Setup, Features, and Safety Guide</p> <p>Comprehensive guide to setting up, adjusting, pairing, and maintaining your Meta Quest 3 VR headset. Includes troubleshooting tips and LED indicator information.</p>
	<p>Meta Quest 2 Quick Start Guide</p> <p>A comprehensive guide to setting up and using your Meta Quest 2 VR headset, including lens adjustment, care instructions, and controller details.</p>
	<p>Meta Quest 3 VR Headset Setup and Maintenance Guide</p> <p>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.</p>
	<p>Meta Quest 3 VR Headset Troubleshooting Guide</p> <p>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.</p>
	<p>Meta Quest 3S Headset and Touch Plus Controllers Quick Start Guide</p> <p>A guide to adjusting the Meta Quest 3S headset strap and understanding the features of the headset and Touch Plus controllers.</p>



[Manuel d'utilisation Meta Quest 2 - Fnac Darty](#)

Manuel d'utilisation officiel du casque de réalité virtuelle Meta Quest 2, proposé par Fnac Darty. Trouvez des guides, tutoriels et informations de support.