

Meta SK-1000926-01

Meta Quest 3S Instruction Manual

Brand: Meta | Model: SK-1000926-01

INTRODUCTION TO META QUEST 3S

The Meta Quest 3S is a cutting-edge virtual and mixed reality headset designed to transform your reality and provide immersive experiences. It blends digital objects into your physical surroundings, offering a unique mixed reality experience. With its powerful processing capabilities and high-resolution display, it delivers smooth gameplay and crisp visuals. The device supports thousands of immersive experiences, from gaming to social interactions and productivity.



Figure 1: Meta Quest 3S Headset and Touch Plus Controllers.

Key features include advanced mixed reality capabilities, allowing you to blend digital content with your physical space. You can turn any room into a personal theater for watching content on a giant virtual screen. The headset facilitates social experiences, enabling you to connect with friends in virtual environments or cast your view to a TV for shared fun. Multitasking is streamlined with the ability to pull up multiple virtual screens for browsing, watching videos, and messaging. For physical activity, the Quest 3S offers ultimate wireless freedom and lightweight comfort, making virtual workouts and active games enjoyable.

Turn the world into your playground



Figure 2: A user interacting with digital elements overlaid onto their physical environment, demonstrating the mixed reality capabilities of the Meta Quest 3S.

Your own theater, wherever you want



Figure 3: A user enjoying a movie on a large, vibrant virtual screen, illustrating the personal theater experience offered by the headset.

WHAT'S IN THE BOX

Your Meta Quest 3S package includes all the essential components to get you started:

- Meta Quest 3S Headset
- Touch Plus Controllers (2)
- USB-C Charging Cable
- AC Adapter
- Headstrap
- Grip

What's included

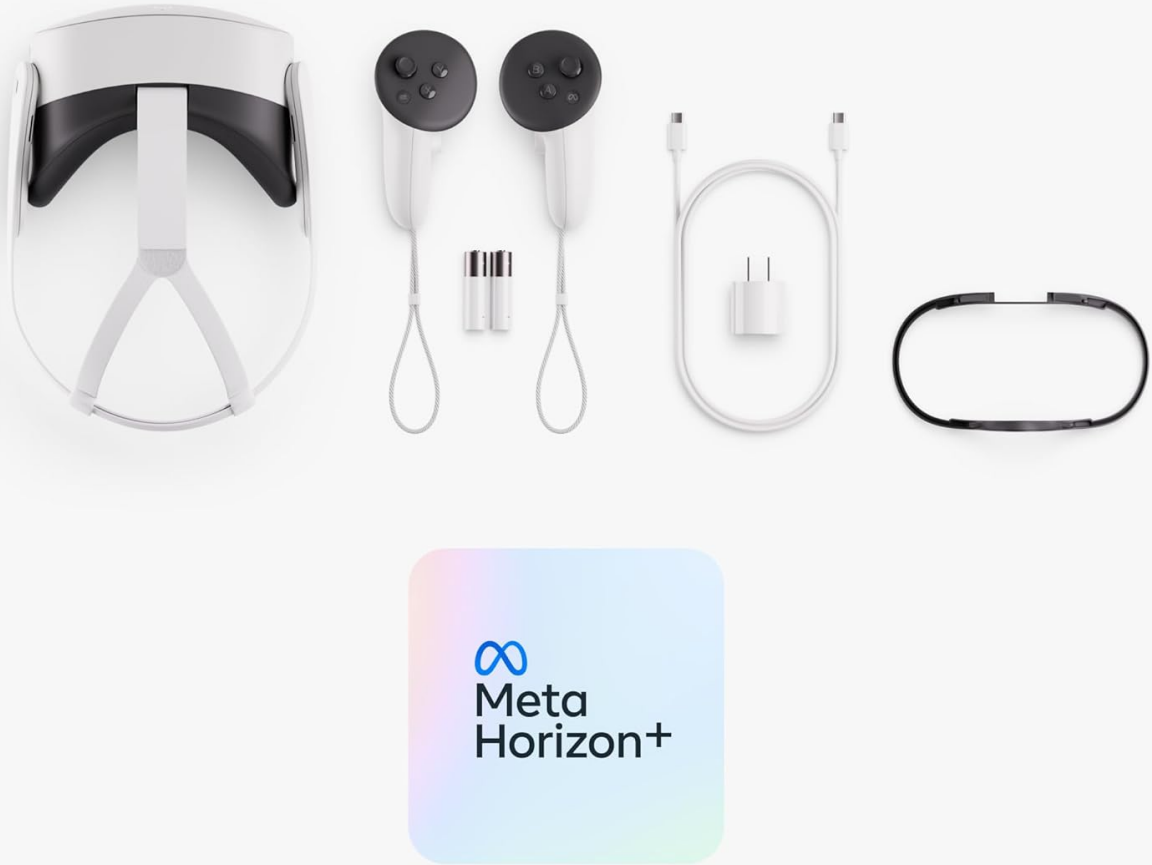


Figure 4: All items included in the Meta Quest 3S product packaging.

SETUP

To begin using your Meta Quest 3S, follow these setup steps:

1. **Charge the Headset:** Connect the provided USB-C charging cable to the headset's USB-C port (located on the side) and the AC adapter. Plug the adapter into a power outlet. Allow the headset to charge fully before initial use.
2. **Download the Meta Quest App:** Scan the QR code provided in the quick start guide included in the box, or search for the Meta Quest app on your smartphone's app store. Download and install the app.
3. **Create/Log In to Meta Account:** Open the Meta Quest app and follow the on-screen prompts to create a new Meta account or log in with an existing one.
4. **Pair Headset with App:** Follow the instructions within the Meta Quest app to pair your headset. This typically involves turning on the headset and confirming a code displayed in VR.
5. **Adjust Headset Fit:** Place the headset on your head and adjust the straps for a comfortable and secure

fit. Ensure the display is centered and clear.

6. **Adjust Lenses:** Use the physical lens adjustment mechanism inside the headset to ensure the clearest possible image. This helps align the lenses with your interpupillary distance (IPD).
7. **Set Up Play Space:** Follow the in-VR instructions to define your safe play space. This helps prevent collisions with physical objects while using the headset.

For detailed visual instructions, refer to the quick start guide provided in your product box.

OPERATING

The Meta Quest 3S offers intuitive operation through both its Touch Plus Controllers and advanced hand tracking.

Touch Plus Controllers

The redesigned Touch Plus Controllers are compact and provide realistic sensations with fine-tuned precision. They feature traditional buttons and analog sticks for navigation and interaction. The absence of a large tracking ring makes them feel more natural in your hands. Ensure the wrist straps are used to prevent accidental release during active gameplay.

Hand Tracking

The headset's advanced sensors allow for direct hand tracking, enabling you to interact with virtual environments using your bare hands. This means you can swipe through content, select items, and perform gestures without needing the controllers. While controllers offer precise input for gaming, hand tracking is ideal for navigation and casual interactions.

Mixed Reality Experience

The Meta Quest 3S excels in mixed reality. Its full-color pass-through cameras allow you to see your physical surroundings while digital content is overlaid. This enables unique experiences like playing games where virtual characters interact with your living room, or using productivity apps with multiple virtual screens floating in your space. The action button on the headset allows for quick toggling between full VR and mixed reality modes.

Media Consumption

Transform any room into your personal theater. You can dim your physical surroundings and watch movies or shows on a giant, vibrant virtual screen. The built-in speakers are angled towards your ears for an immersive audio experience without projecting sound loudly across the room. For private listening, you can use USB-C headphones or a 3.5mm adapter (sold separately).

MAINTENANCE

Proper maintenance ensures the longevity and optimal performance of your Meta Quest 3S headset:

- **Lens Cleaning:** Use a dry microfiber cloth to gently wipe the lenses. Do not use liquid cleaners, alcohol,

or abrasive materials, as they can damage the lenses.

- **Headset Cleaning:** Wipe the exterior of the headset with a soft, dry cloth. For the facial interface, use a damp cloth with mild soap and water, then wipe dry. Ensure no moisture enters the headset's internal components.
- **Storage:** Store the headset in a cool, dry place away from direct sunlight. Prolonged exposure to sunlight can damage the lenses and display. Consider using a protective case when not in use or during travel.

TROUBLESHOOTING

Here are some common issues and their potential solutions:

- **Blurry Vision:** Ensure the headset is properly adjusted on your head and the straps are snug. Adjust the lens spacing using the physical mechanism until the image is clear. If you wear glasses, ensure the glasses spacer is correctly installed.
- **Charging Issues:** Verify that the USB-C cable and AC adapter are securely connected to both the headset and the power outlet. Check the charging indicator LED on the headset for status. If issues persist, try a different power outlet or USB-C cable.
- **Controller Not Responding:** Ensure the controllers have fresh AA batteries. If they are still unresponsive, try re-pairing them through the Meta Quest app.
- **Hand Tracking Inaccuracy:** Ensure your play area is well-lit. Avoid direct sunlight or very dim lighting, as this can interfere with the tracking sensors.
- **Performance Lags:** Close any unnecessary applications running in the background. Ensure your headset's software is up to date. If connected to a PC, check your PC's specifications and network connection.

SPECIFICATIONS

Feature	Detail
Model Number	SK-1000926-01
Release Date	April 30, 2025
Product Dimensions	7.54 x 4.02 x 5.61 inches
Item Weight	1.14 pounds
Manufacturer	Meta
Batteries	1 Lithium Ion battery (included)
Display Resolution	1832x1920 pixels per eye

Feature	Detail
Processor	Qualcomm Snapdragon XR2 Gen 2


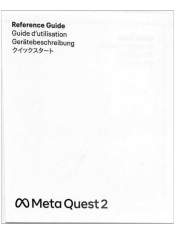

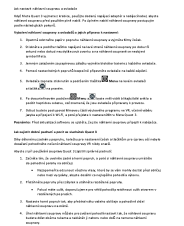
WARRANTY AND SUPPORT

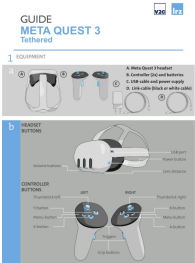
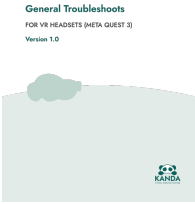
The Meta Quest 3S comes with a 1-year limited warranty from the manufacturer, Meta. This warranty covers defects in materials and workmanship under normal use.

For further support, troubleshooting, or warranty claims, please visit the official Meta Quest support website or contact their customer service. Detailed contact information and FAQs can typically be found on the Meta website.

Note: Always refer to the official Meta Quest website and documentation for the most up-to-date information regarding your device's features, support, and warranty terms.

Related Documents - SK-1000926-01

	<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 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>
	<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 Tethered VR Headset Setup Guide</p> <p>Comprehensive setup guide for the Meta Quest 3 tethered VR headset, covering equipment, software, hardware, VR space, room setup, workstation configuration, demo procedures, and troubleshooting.</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>