Oakley 0OW8001

Oakley Meta Vanguard Smart Glasses Instruction Manual

Brand: Oakley | Model: 0OW8001

1. Product Overview

The Oakley Meta Vanguard Smart Glasses are advanced wearable technology designed to enhance athletic performance and daily activities. Featuring Prizm™ lenses, a 12 MP ultra-wide camera, integrated Meta AI, and open-ear speakers, these glasses allow for hands-free capture of moments, workout tracking, and audio playback. They are built with sweat- and water-resistance for durability in various environments.

- **Wearable Technology:** Capture action, track metrics, and enjoy audio.
- **Action-Ready Camera:** 12 MP ultra-wide 122° field of view, 3K Ultra HD video with slow motion and hyperlapse modes.
- **Meta AI Integration:** Personalized insights and workout metrics when paired with compatible Garmin* devices and Strava.
- **Open-Ear Audio & Bluetooth:** Enjoy music, podcasts, and clear calls hands-free.
- **Durable Design:** Sweat-, dust-, and weather-resistant with an IP67 rating.

*Compatible Garmin device sold separately.

2. What's Included

Your Oakley Meta Vanguard package includes the following items:

- Oakley Meta Vanguard Smart Glasses
- Charging Case
- Microfiber Pouch
- Nosepad (additional sizes)
- USB-C Charging Cable (not always included, refer to packaging)

- Safety & Warranty Information
- Getting Started Guide



Image: Contents of the Oakley Meta Vanguard package, including the glasses, charging case, microfiber pouch, and documentation.

3. Setup

Initial Charging

Before first use, fully charge your Oakley Meta Vanguard glasses using the provided charging case and a USB-C cable. The charging case itself also acts as a portable battery bank.

App Installation & Pairing

Download the Meta AI app on your smartphone. Follow the in-app instructions to pair your glasses via Bluetooth. The app will guide you through the setup process, including connecting to your home Wi-Fi network for automatic media syncing.

Nose Bridge Adjustment

The glasses come with additional nose bridge sizes (high and low) to ensure a secure and comfortable fit. If the default nose bridge does not fit properly, you can swap it with one of the alternatives.

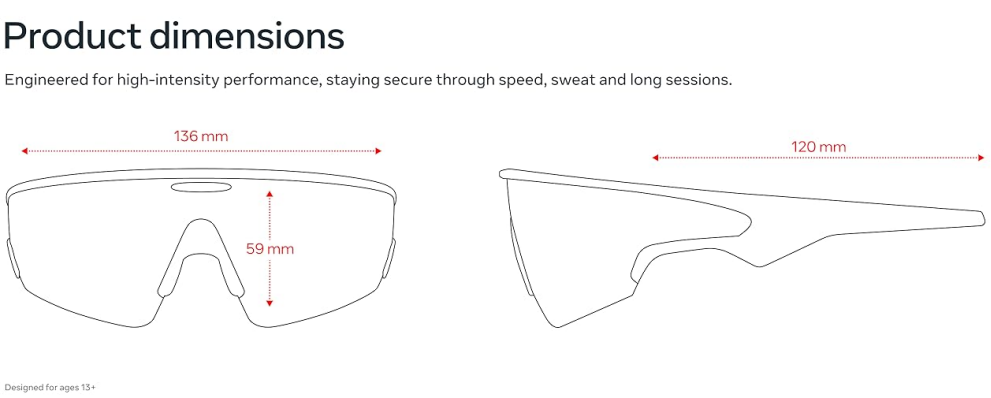


Image: Close-up of the Oakley Meta Vanguard glasses highlighting the interchangeable nose pads for a customized fit.

4. Operating Instructions

Power On/Off

The glasses automatically power on when worn and power off when removed and placed in the charging case.

Controls

- **Main Button:** Press once to take a photo. Long-press to start/stop video recording.
- **Action Button:** Customizable via the Meta AI app for various functions like activating Meta AI, alternative capture modes (slow motion, hyperlapse), translation, accessibility features, or music control.
- **Touchpad:** Located along the side of the frame. Tap once to play/pause music. Swipe forward to increase volume, swipe backward to decrease volume.

Voice Commands (Meta AI)

Wake up Meta AI by saying "Hey Meta" followed by your command. Examples include:

- "Hey Meta, take a video."
- "Hey Meta, take a photo."
- "Hey Meta, play my music."
- "Hey Meta, what's my pace?" (Requires Garmin integration)
- "Hey Meta, call [Contact Name]."
- "Hey Meta, translate [phrase]."

Camera Operation

The centered 12 MP camera captures 3K Ultra HD videos at 30fps and high-resolution photos. When recording, a white status light on the front and an internal light will illuminate to indicate active recording. This light cannot be disabled.

Audio Features

The glasses feature open-ear speakers and a custom 5-mic array (2 in the frame, 3 near the nose region). This allows for clear audio playback and phone calls, even in windy conditions (up to 30mph winds). The open-ear design ensures situational awareness.

Video: An official product video showcasing the Oakley Meta Vanguard's features, including 3K Ultra HD recording, workout tracking, and open-ear audio, highlighting its use in various athletic activities.

5. Media Management

Automatic Syncing

When the glasses are placed in their charging case and connected to Wi-Fi, all captured photos and videos will automatically sync to the Meta AI app's cloud storage. This allows for quick access and management of your media on your smartphone.

Gallery & Sharing

The Meta AI app features a gallery where you can view and manage your media. From the app, you can share your content to various social media platforms or save it to your phone's camera roll. Basic editing features like trimming or color correction are not available directly in the app; media must be exported for advanced editing.

6. Performance & Integration

Meta AI Capabilities

Meta AI provides personalized insights and can respond to queries about your surroundings or activities. It can also facilitate live translation.

Garmin Integration

Pair your Oakley Meta Vanguard glasses with a compatible Garmin device (sold separately) to receive real-time performance metrics, health signals, and summaries directly through the open-ear speakers. The Meta AI app can also group your captured media with your Garmin workout data for a comprehensive activity overview.

Strava Integration

Connect your Strava account via the Meta AI app to automatically add Strava stats to your photos and videos, allowing you to share your achievements with your community.

7. Maintenance

Cleaning

Clean gently with a soft, dry cloth. Avoid using harsh chemicals. For sweat or water exposure, ensure the glasses are dry before placing them back in the charging case.

Storage

Store your Oakley Meta Vanguard glasses in their protective charging case when not in use to prevent damage and ensure they remain charged.

8. Specifications

Feature	Detail
Model Number	0OW8001
Color	White, Prizm Rose Gold
Lens Color	Pink
Lens Type	Prizm
Lens Coating	UV Protection Coating, Water Resistant Coating
Ultraviolet Light Protection	True
Polarization Type	Non-Polarized
Frame Material	Polycarbonate
Water Resistance	IP67 rated (sweat-, dust-, and weather-resistant)
Camera	12 MP, ultra-wide 122° field of view
Video Resolution	3K Ultra HD
Audio	Open-ear speakers, 5-mic array
Battery Life (Glasses)	Up to 9 hours (mixed-use scenario)
Battery Life (Charging Case)	Up to 36 additional hours
Hinge to Hinge	136 mm
Lens Height	59 mm
Temple Length	120 mm

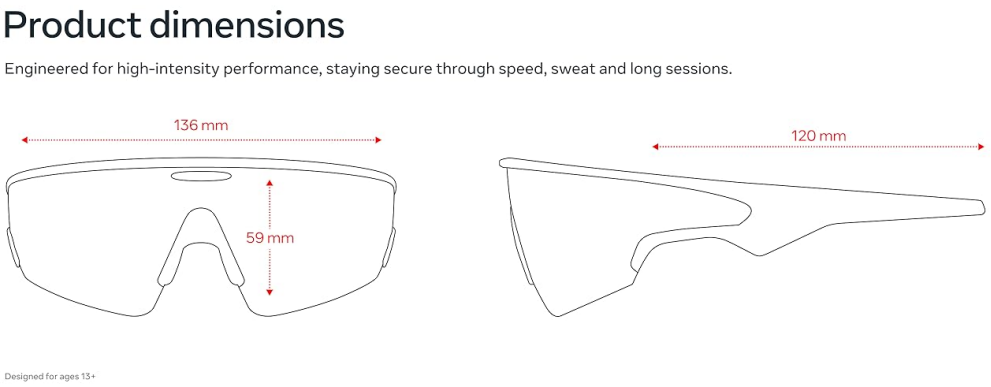


Image: Diagram illustrating the dimensions of the Oakley Meta Vanguard glasses, including hinge-to-hinge, lens height, and temple length.

9. Troubleshooting

Connectivity Issues

- Ensure Bluetooth is enabled on your smartphone and the glasses are within range.
- Verify the glasses are charged.
- Restart both your smartphone and the glasses (by placing them in the case and removing them).

Recording Problems

- Check the status light on the glasses to confirm recording is active.
- Ensure the lens is clean and free from obstructions like sweat or dirt.
- Verify sufficient battery life for recording duration.

Audio Quality

- Adjust volume levels on the touchpad or via voice command.
- Ensure speakers are not obstructed.
- In very windy conditions, audio quality may be affected despite wind resistance features.

10. Warranty & Support

For detailed warranty information and customer support, please refer to the 'Safety & Warranty' booklet included in your product packaging or visit the official Oakley or Meta support websites. Keep your proof of purchase for warranty claims.