

Skills<sup>VR</sup>  
How To Meta  
Quest 3s



## SkillsVR:How To Meta Quest 3s Setup Guide

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**SkillsVR: How To Meta Quest 3s Setup Guide**



### **Meta Quest 3S**

Getting started with your new Meta Quest 3S headset is easy! Follow the steps below to set up your headset and controllers for the first time.

#### **Important Safety and Usage Tips**

- Protect from direct sunlight: Always keep your headset away from direct sunlight, which could damage the lenses.
- Temperature care: Avoid leaving your headset in extremely hot environments, such as inside a car or near heat sources.
- Storage and transport: Use a travel case when transporting your headset to keep it safe from bumps and scratches. A compatible travel case can be found at [meta.com](https://www.meta.com).

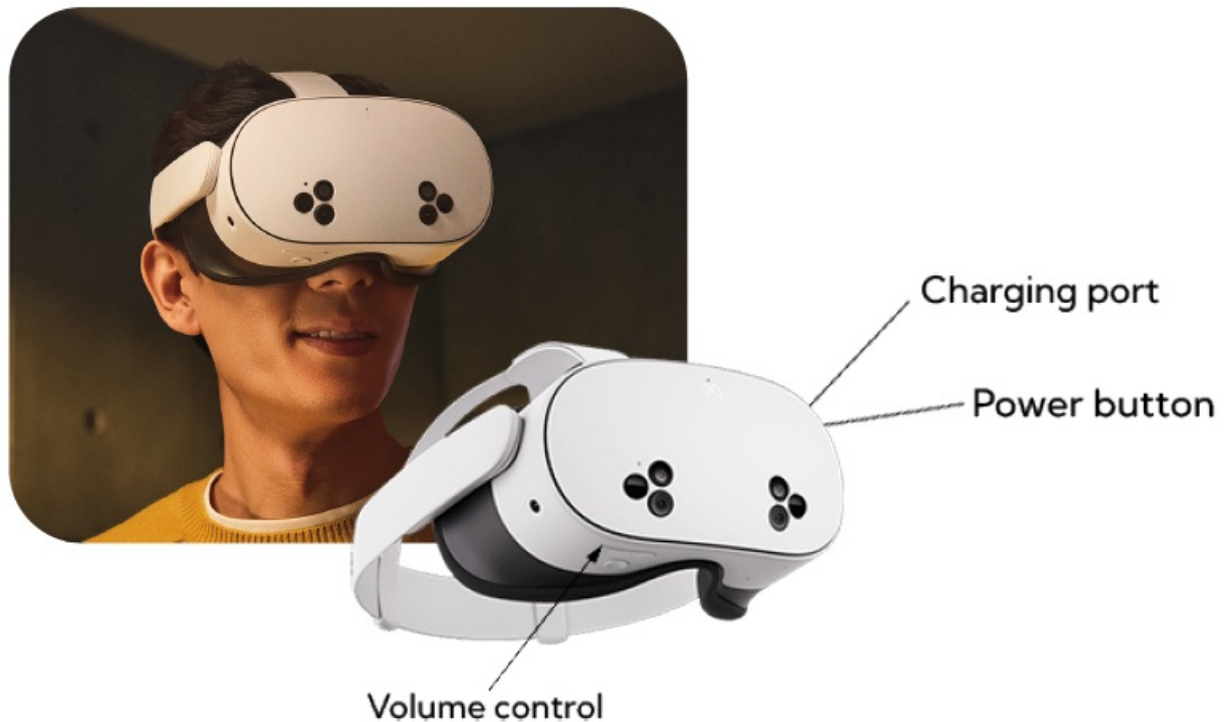
### **STEP-BY-STEP GUIDE**

#### **Getting Ready**

- Carefully remove the headset from the box and remove the lens films.
- Remove the paper from the headset strap and prepare the controllers by removing the battery blocker (gently pull the paper tab).
- Attach the controllers securely to your wrists using the adjustable straps.
- Charge your headset: Use the included power adapter and charging cable to fully charge the headset before starting setup.

#### **Powering On**

- Turn on your headset: Press and hold the power button on the left side of the headset for 3 seconds, or until you hear a chime sound and see the Meta symbol appear.
- Turn on your controllers: Press and hold the Menu button on the left controller and the Meta button on the right controller for 2 seconds until you see a blinking white light and feel a haptic response.
- This means your controllers are ready.



## STEP-BY-STEP GUIDE

### Headset Adjustment

Fitting the Headset on Your Head:

- Put on the headset with the head strap loosened. Move any hair out of the way and ensure the head strap sits just above your ears and behind your head.
- Tighten the side straps for a snug fit by adjusting the sliders.
- Adjust the top strap to relieve pressure from your face, supporting the weight of the headset.
- For a clearer image, adjust the lens spacing by shifting the lenses left or right until the image is in focus.

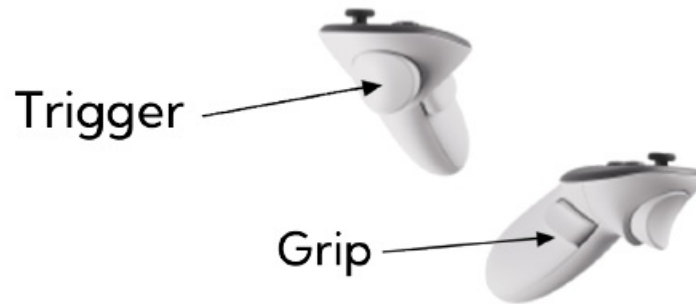
### Adjust for comfort

- For those with long hair, pull your ponytail through the split back strap to increase comfort.
- Tilt the headset slightly up or down to adjust the angle, improving comfort and image clarity.

### Status Indicators

- Blinking white light: Controllers are powered on and ready.
- Solid white light: The headset is on and functioning properly.
- Solid orange light: The headset is in sleep mode or low battery.
- Action Button Status: The action button lets you toggle between Pass-through view and immersive virtual surroundings, providing quick access to your real-world environment.

### Controllers



The Meta Quest 3S controllers are ready to go once powered on. The Menu button on the left controller and the Meta button on the right controller are key to navigating menus and interacting with your virtual space.

## STEP-BY-STEP GUIDE

### Re-centering the Screen

To re-center your screen, press and hold the Meta button on the right controller to reset the view in your virtual environment, ensuring a centered and comfortable experience.

### Sleep and Wake Modes

- Sleep mode: The headset automatically goes into sleep mode when not in use.
- Wake mode: To wake up the headset, simply press the power button on the left side. You may see an animated power button icon if the headset is still waking up.

### Hardware Reset

If you need to reset your headset for troubleshooting, you can perform a hardware reset. This can be done by holding down the power button for 10 seconds until the device powers off, then restarting it.

### Other Adjustments

- Breathable Facial Interface: If you want additional comfort and to reduce humidity, install the breathable facial interface. This can be easily done by detaching the current facial interface and snapping the breathable one into place.
- Lens Care: Keep your lenses clean using a dry optical lens microfiber cloth. Avoid using liquids or chemicals.

### Important Reminders

- Headset care: Avoid leaving your headset in direct sunlight or hot environments.
- Controller battery management: Ensure your controllers are always charged and ready to go.
- Use a travel case for protection when transporting your Meta Quest 3S headset.

**Still can't find the answer you're looking for?**

### Contact Support

[www.skillsvr.com](http://www.skillsvr.com) [support@skillsvr.com](mailto:support@skillsvr.com)

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## References

- [User Manual](#)

[Manuals+](#), [Privacy Policy](#)

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