

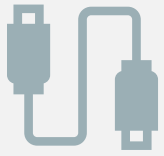
Meta Quest 3 Setup Guide



Getting started with your VR headset

- **Log in** to your computer.
- **Search for the Meta Quest app** on your desktop. If it's not installed, download it from the official Meta website.





Connect the headset to your computer using a USB-C cable.



Insert batteries into each controller.

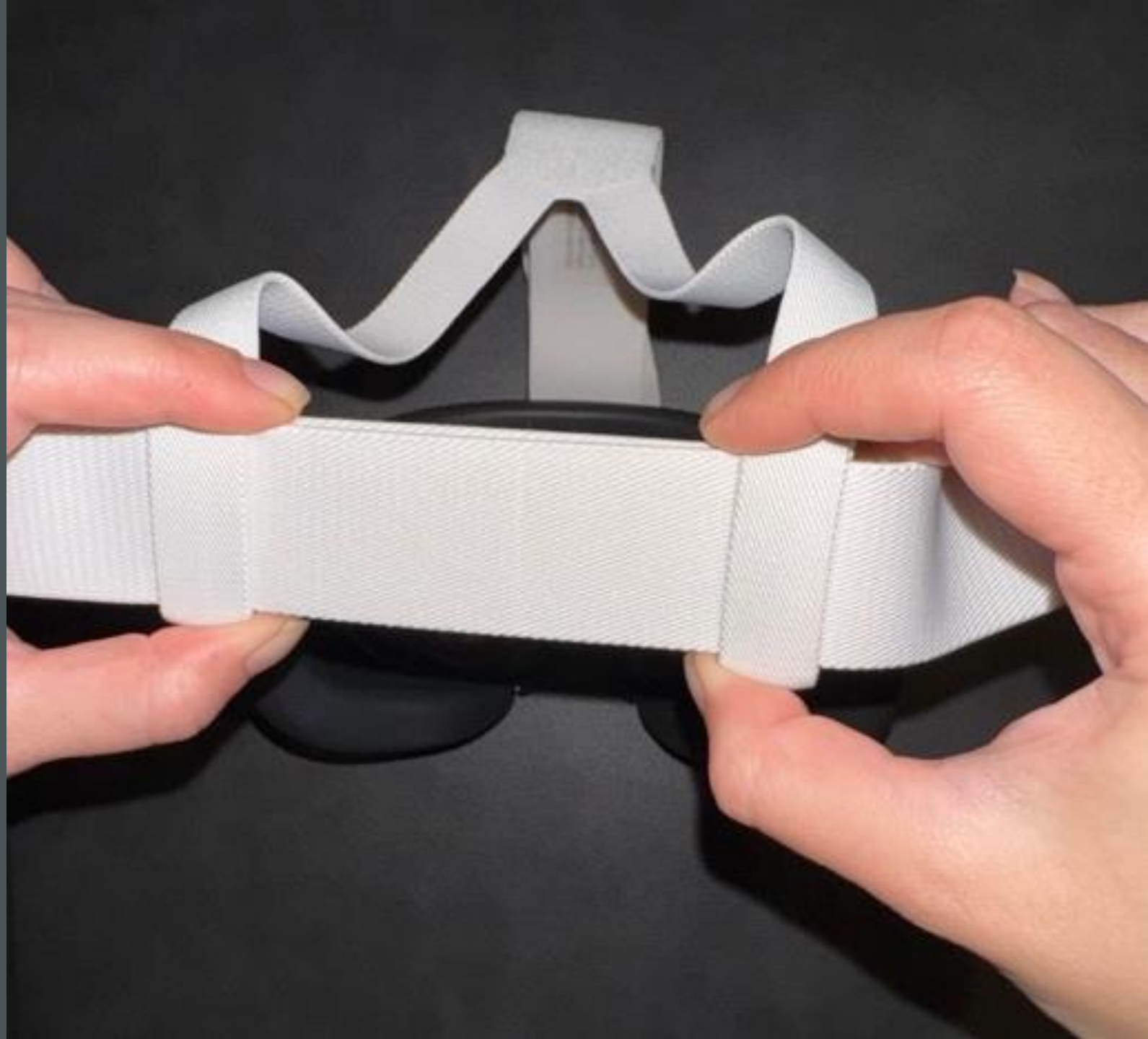
💡 *Remove them after use to preserve battery life.*



Put on the headset. and adjust the **head strap** for a comfortable fit.

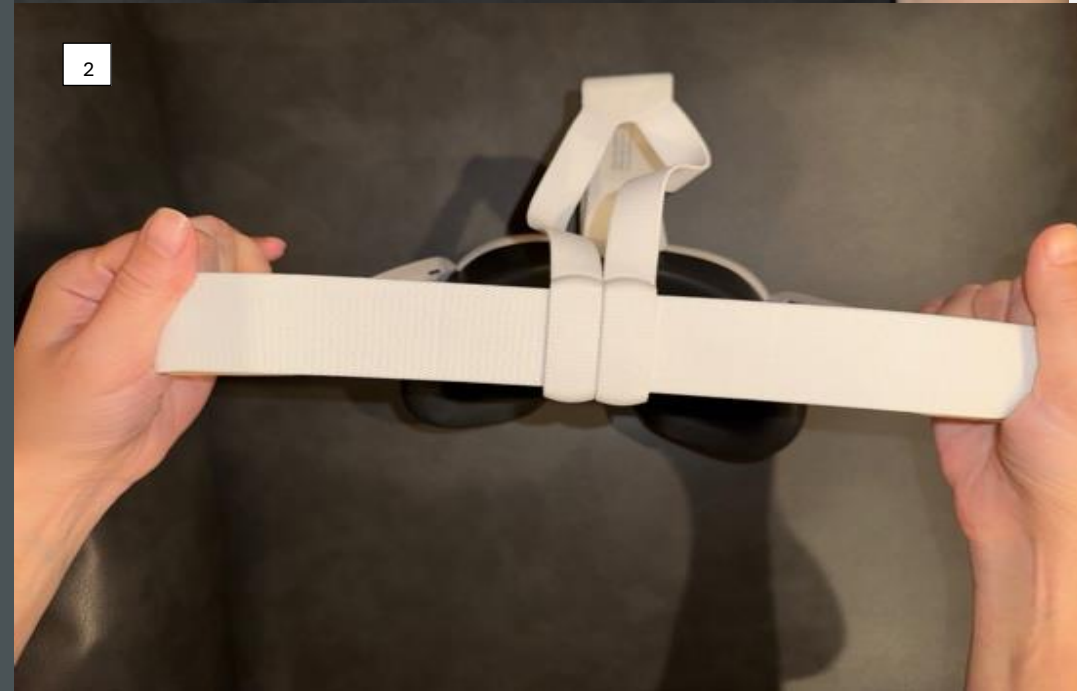
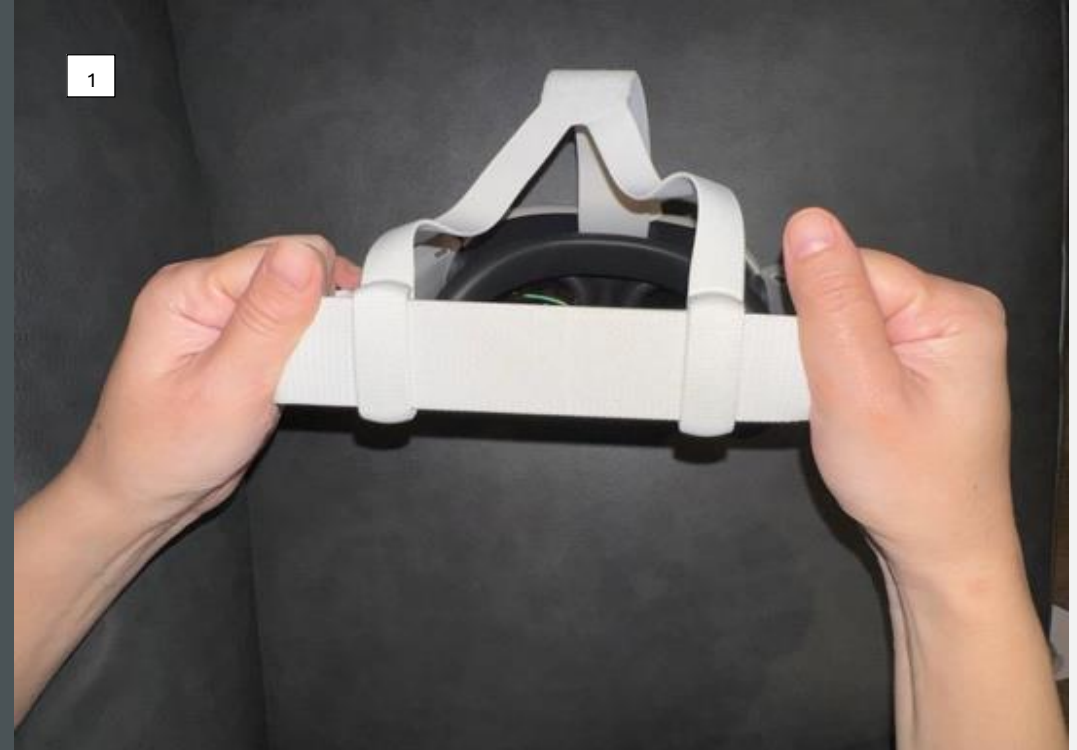
ADJUSTING THE STRAP

- **Tighten the Strap:**
- Hold both **Strap Clips** and Pull them **outward** as shown by the red arrows.
- This will tighten the headstrap for a secure fit.



Loosen the strap:

- Hold the **sides of the strap** with both hands.
- **Pull the strap outward**, away from the middle (as shown by the red arrows).
- This will loosen the headset and make it more comfortable to wear.



Fit the hight:

- · Move the **top strap** upward or downward.
- · Make sure the strap rests comfortably on top of your head.
- · The goal is to center the display on your eyes for the clearest view.



Power on the headset

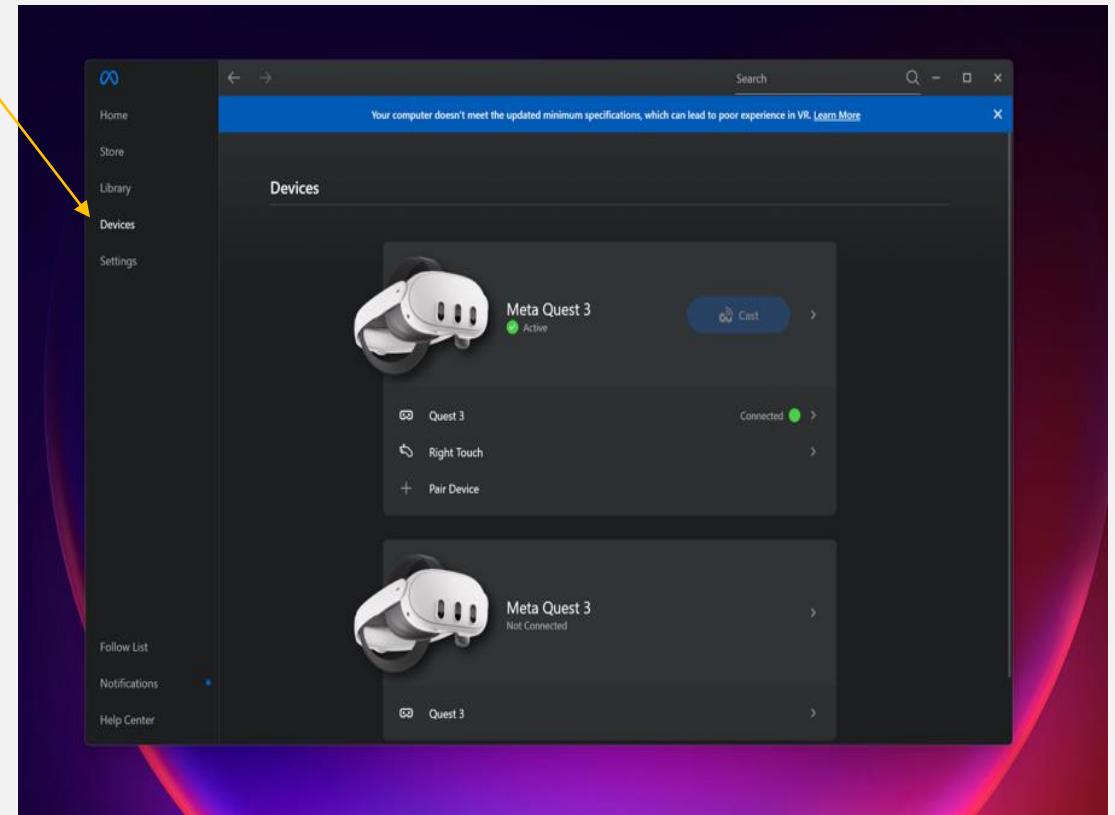
- Press and **hold the power button** (located on the left side) until the Meta logo appears.



Open the App & Enable Link

- On your computer, **open the Meta Quest app**.
- Go to **Devices** in the left-hand menu.
- Search for connected device.

Devices



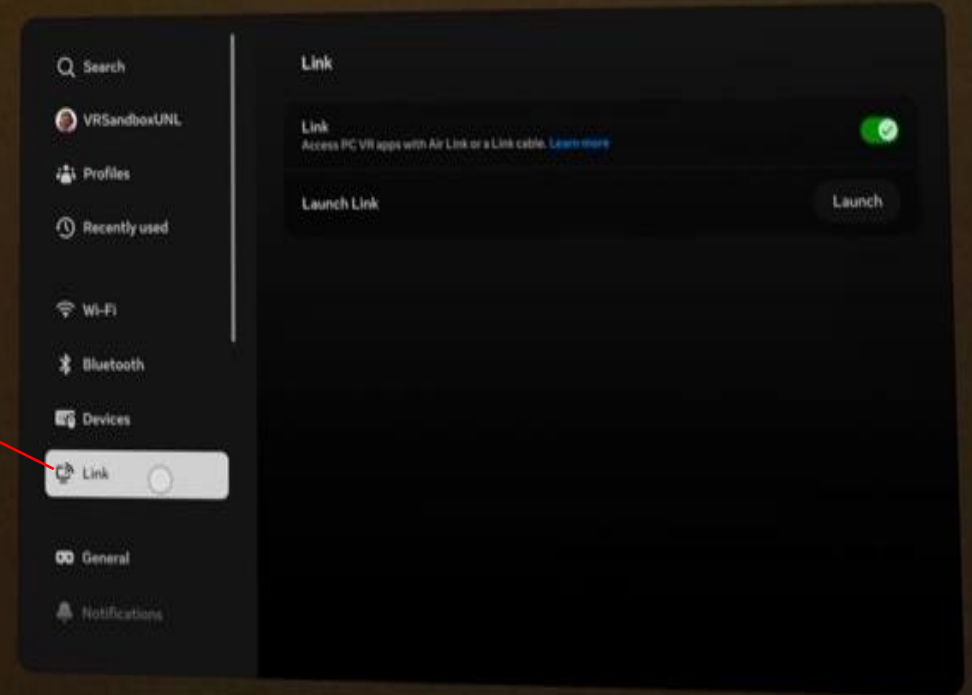
If not connected,

follow these steps **inside** the headset:

- Open the **Settings** menu
- Navigate to **Devices > Link**.
- Toggle the **Link** option on and connect.

(You should now see your headset connected on the Meta Quest app on your computer.)

Link

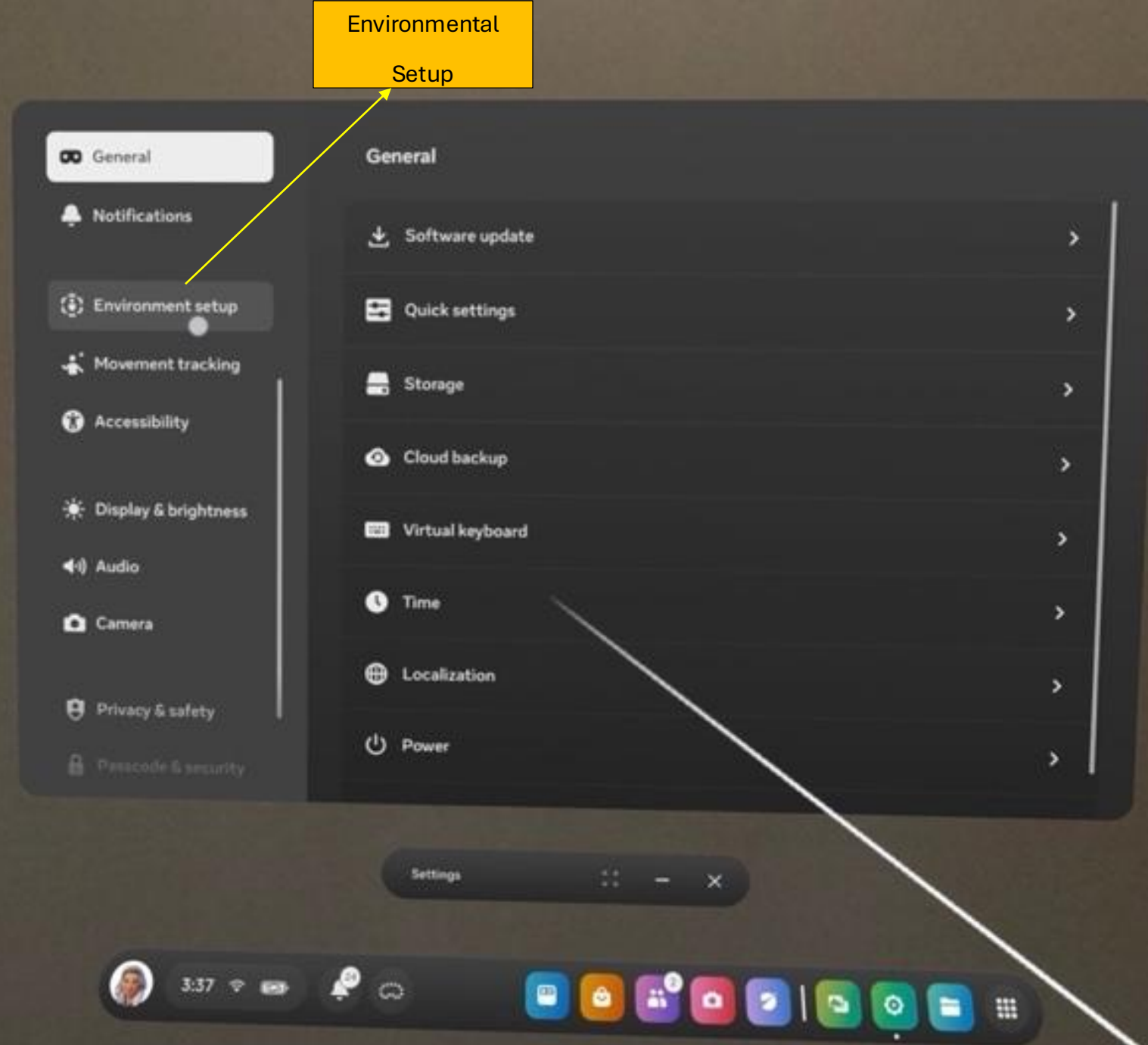


Setting

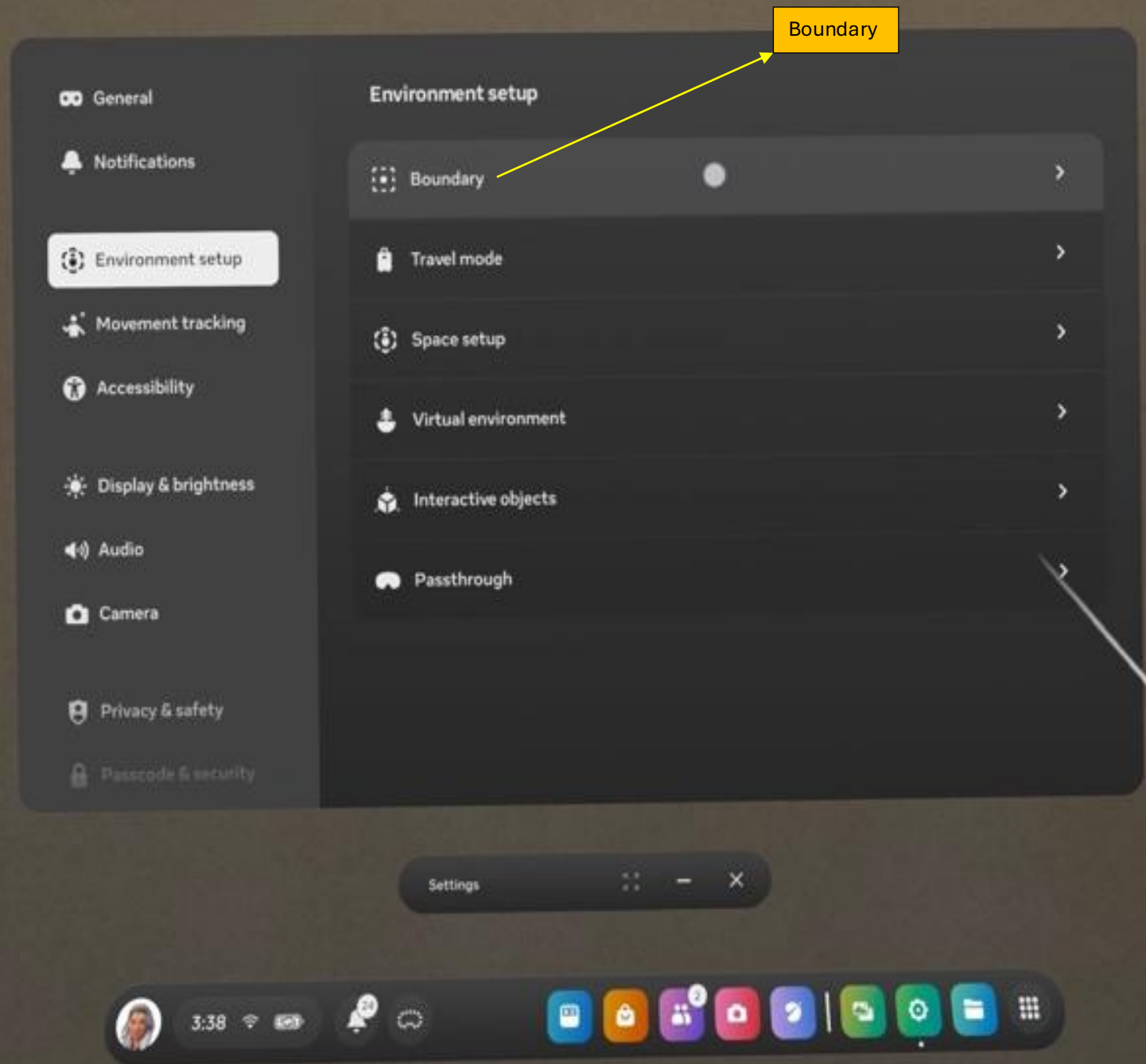
SET UP YOUR GUARDIAN BOUNDARY

Inside the headset:

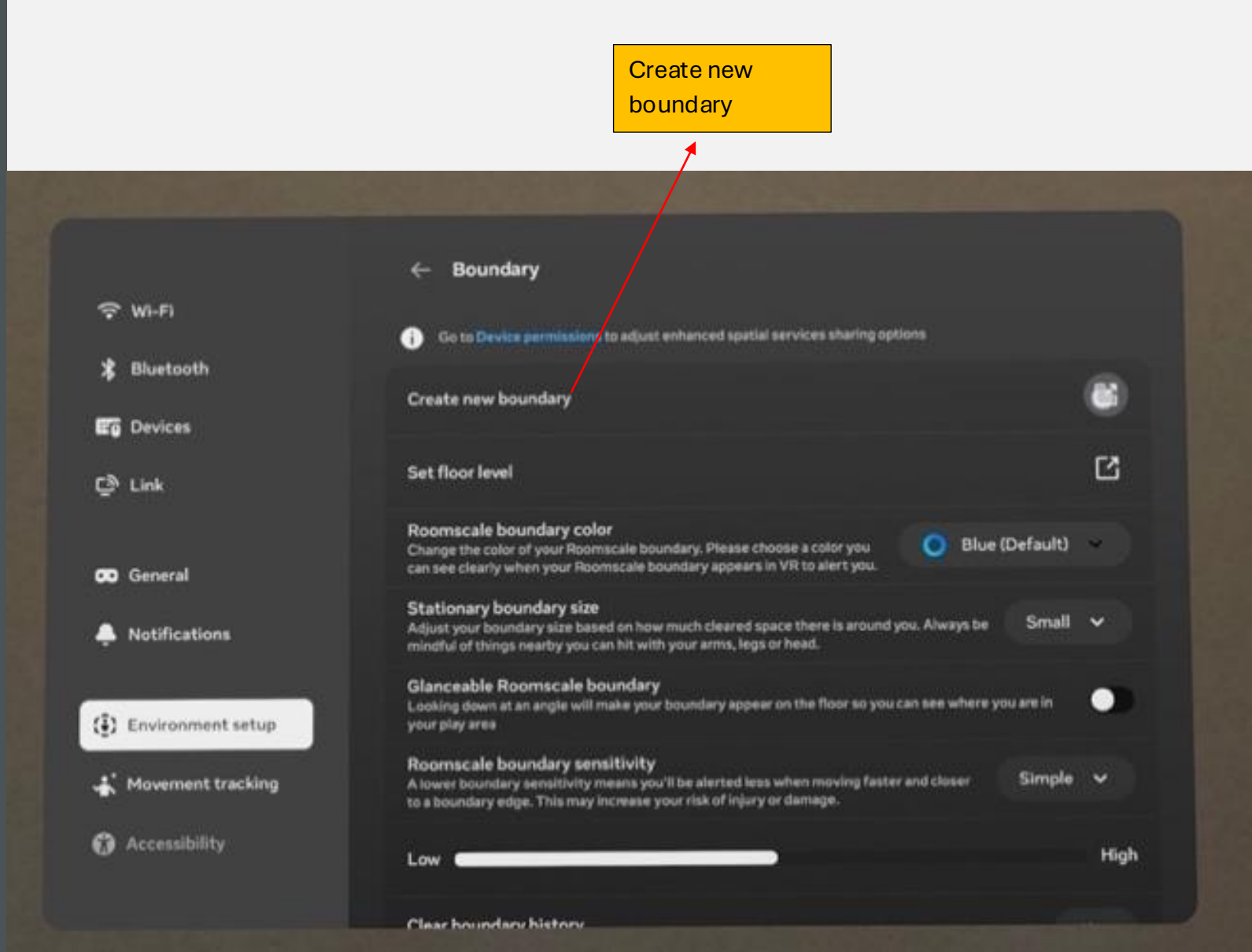
- 1. Open **Settings**
- 2. Select **Environmental Setup**



- 3. Tap on **Boundary**



- 4. Choose **Create New Boundary**



5. Follow the on-screen instructions to draw your boundary. Once set, you'll be able to see the play area inside the headset

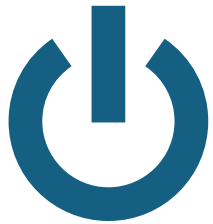




You're now ready to:

- Explore **Meta Worlds**,
- Play Virtual Reality games, or
- Launch your **VR projects**.

Power Off and Storage



- **Turn off the headset:**
 - Press and hold the power button.
 - Select **Power Options > Power Off** from the menu.
- **Clean the lenses** gently using **lens wipes** (avoid harsh cloths or paper towels).

