

Getting started with Meta Quest Pro





Meta Quest Pro is the latest addition to our Meta Quest VR headset line.
It integrates both virtual reality and augmented reality.

1 Meta Quest Pro inside the box



Inside the box, you'll find the following items:

- Meta Quest Pro headset
- Two Meta Quest Touch Pro controllers
- Charging dock
- 45W Power Adapter
- Controller charge cable
- Charging cable (headset)
- Two stylus tips
- Two light blockers (left and right)
- Cable clip
- Protective cover
- Cleaning cloth
- Two wrist straps

For more accessories, do not forget to [visit our online store](#).

2 Install the Meta Quest mobile app on your phone

The Meta Quest mobile app acts as a companion to your Meta Quest Pro, Meta Quest 2 or Meta Quest headset. With the app, you can:

- stay notified about sales and upcoming releases;
- buy, download and remotely install VR apps;
- browse and manage your VR apps;
- customise your device settings;
- cast your VR experience to your phone or any Chromecast-enabled device;
- Set up your Meta Quest Pro, Meta Quest 2 or Meta Quest headset.

Download the Meta Quest mobile app

- [Google Play Store](#)
- [App Store](#)

Additional notes

- The minimum OS requirements for phones to run the Meta Quest mobile app are Apple iOS 12.4 + or Android 5.0+
- Your phone must be connected to Wi-Fi and have Bluetooth turned on to use the Meta Quest mobile app to set up your Meta Quest Pro, Meta Quest 2 or Meta Quest.
- If you install the Meta Quest mobile app on an unsupported device, you may experience issues while setting up your headset.
- After completing the initial activation of your headset using the Meta Quest mobile app, you'll be able to finish setting up your headset in VR.

3 Create your Meta Account to log into applications' headset

This is a mandatory process to follow in order to be able to use the headsets afterwards.

Creating an account can be done using your headset, your Quest mobile app or your web browser. For ease of use, we recommend login in via a computer.

How to proceed?

[Follow the instructions](#) on how to create a Meta Account.

- Make sure to create an account using your corporate email address, without linking it to a private Facebook/Instagram, by clicking on:



Set up account with email address

- *Later in 2023, you will be able to switch to our corporate feature called [Work Accounts](#) which will allow to log into Meta devices and services for work purposes only.*

4 Set-up your headset and controllers

When you take your Meta Quest Pro out of the box, it should already be charged and ready for setup.

To turn on your headset:

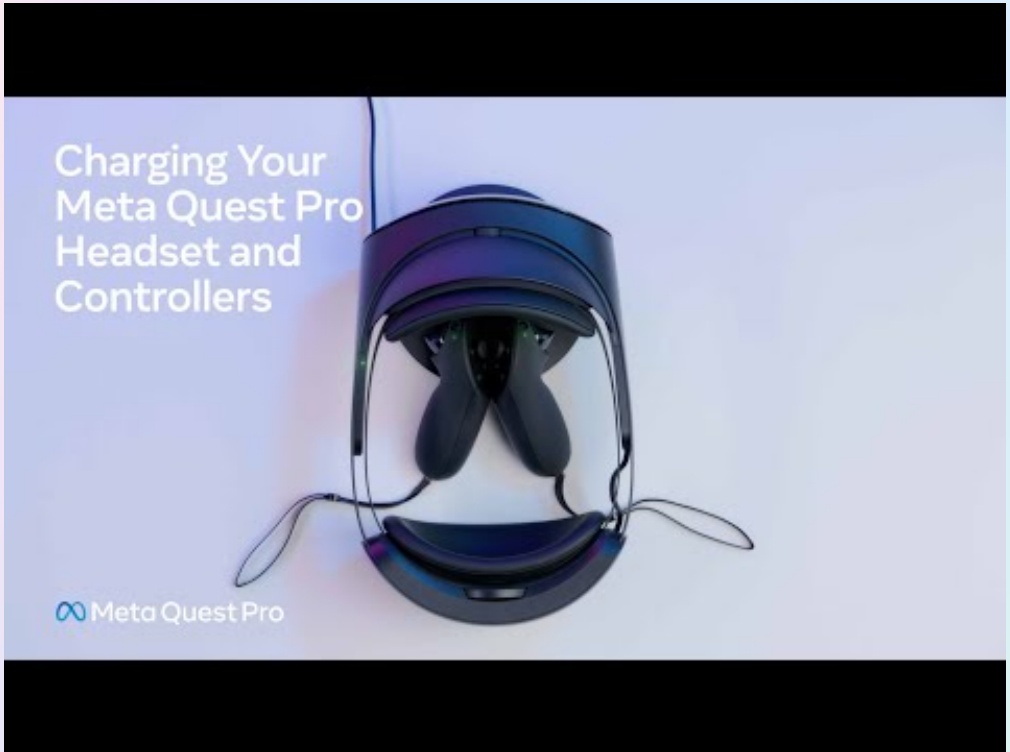
1. Press and hold the power button on the left-hand side of the headset for 3 secs or until you hear a chime sound and see the Meta symbol appear in your headset.
2. Get ahold of your controllers by pressing  to turn the left one and  for the right one.

You will then be guided through an **in-VR tutorial** (incl. language, wifi, headset positioning)



If you require more help, on top of the in-VR tutorial, you can check out [our online tutorial](#) anytime.

5 Charging your Meta Quest Pro



Make sure that you have a flat surface to put your Quest Pro charging dock on, and are using at least a 45W power adapter. We always recommend using the adapter that was designed for, and came with your device whenever possible.

Your headset can also be charged directly with the included 45-W adapter. You can charge each controller one at a time, by using the 45-W adapter along with the controller charge cable that came with your Meta Quest Pro headset.