

Meta Quest 3 Manual

Meta Quest 3 Inside the Box

Inside your Meta Quest 3 box, you'll find the following items. Make sure that you check all packaging carefully before discarding it; some of the items are smaller and can be easy to miss.

Inside the box:





- Meta Quest 3 headset
- Adjustable standard facial interface (pre-installed)
- Two Meta Quest Touch Plus controllers
- Two wrist straps (pre-installed)
- 18-W power adapter
- USB-C charging cable
- Two AA batteries (pre-installed).

Set up your Meta Quest 3

Set up your headset and controllers

When you take your Meta Quest 3 out of the box, it should already be charged and ready for setup. If not, charge your headset using the included power adapter and charging cable. Follow the directions below for additional guidance.

To unbox your headset and controllers and get them ready for setup:

1. Carefully remove the paper from your headset strap and remove the lens films.
2. Press and hold the power button on the left-hand side of the headset for three seconds, or until you've heard a chime sound and seen the Meta symbol appear in your headset.
3. Remove the battery blocker from each controller by gently pulling the paper tab.
4. Securely attach your controllers to each wrist using the adjustable straps.
5. Turn on your controllers by pressing and holding  on the left controller and  on the right.
6. After holding  and  for two seconds, you should see a blinking white light and feel a haptic response, indicating that your controllers are ready to go.

7. From here you'll progress through the first part of the in-VR tutorial including choosing a language and connecting to Wi-Fi, before moving on to adjusting the fit of your Meta Quest 3.

Adjust the fit and feel of your Quest 3

With a split back strap, lens adjustment wheel and eye-relief buttons, achieving a comfortable fit with your VR headset has never been easier.

To ensure a proper fit when using your Quest 3:

1. Start by loosening the back and top straps, then place the headset in a comfortable position against your face.
 - Make sure that you move any hair that might get in front of your face or between the pad for best comfort and performance.
2. Pull the straps over the back of your head and tighten the split straps.
 - If you have a ponytail, we recommend pulling your ponytail through the opening in the split straps to increase comfort.
3. Adjust the top strap to take weight off your face and hold the headset comfortably in place.
4. You can adjust the angle of the headset to improve comfort by holding the headset with both hands and tilting it up or down on the headset arms.
5. Use the lens adjustment wheel on the bottom left-hand side of the headset to change how close together the lenses are. Do this until the visuals in the headset are clear and visually comfortable to see.
6. With the headset off, you can also use the depth adjustment buttons to adjust how far the lenses are from your face or eyeglasses.
 - Gently tilt the headset arms upwards.
 - Locate the eye-relief buttons on next to the lenses inside the facial interface.
 - Hold down the button on one side, while holding the edge of the interface and slide the interface forwards or backwards to adjust the distance.
 - Repeat for the other side to ensure that the depth adjustment setting is the same on both sides.

Pair your headset with the Meta Quest mobile app

The Meta Quest mobile app acts as a companion to your Meta Quest 3, allowing you to browse the Store, buy, download and remote-install apps, customise your device

settings, cast your experience to your phone or any Chromecast-enabled device, and more. You won't need to use the Meta Quest mobile app every time that you use your headset, but you will need it to complete the initial pairing and setup process.

To pair your headset to the Meta Quest mobile app and complete device setup:

1. Download the Meta Quest mobile app from either the Google Play or Apple App Store.
2. Open the Meta Quest mobile app and log in or create a new account.
3. Once you've logged in, tap Menu, then tap Devices.
4. The app should now automatically pair with your headset and controllers. If the app does not automatically pair:
 1. Put on your headset and look for a 5-digit pairing code.
 2. In the Meta Quest mobile app, enter the 5-digit code from your headset.
 3. Once the code has been entered, your headset should start pairing with the app.

If you're still having trouble with setting up your Meta Quest 3, please contact Meta Store Support for additional assistance.



Keeping your headset safe and in good condition

Here are some tips for keeping your Meta Quest 3 safe and in good condition:

- Never store your headset in direct sunlight. The sun's rays can cause permanent damage to the front part of the headset, the lenses and the screen inside. Don't place your Meta Quest 3 near a window or anywhere direct sunlight can hit the lens.
- Make sure that you protect your headset when you aren't actively using it. The front camera plates on Quest 3 are glass, so it's important to protect them from scratches and falls. We offer a custom-designed carrying case for Meta Quest 3 on the Meta Store to keep your headset safe for storage and transport.
- To clean the camera plates and lenses, use a dry optical lens microfibre cloth. Don't use liquid or chemical cleansers.
- To clean the straps and facial interface, use non-abrasive anti-bacterial wipes. Don't use alcohol or an abrasive cleaning solution. If needed, the facial interface can be hand washed with a mild soap.
- The sensors and ventilation ports on the headset can accumulate dust and debris from use. You can carefully clean these with compressed air.

Meta Quest Touch Plus controllers

To pair your Touch Plus controllers with your Quest 3 headset:

1. Make sure that your headset is powered on.
2. Turn on the left controller by pressing 
3. Turn on the right controller, by pressing 
4. After two seconds, you'll see an LED light indicating that your controller is powered on.
5. Open the Meta Quest app on your phone.
6. Tap Menu.
7. Tap Devices.
8. Tap on the headset that you want to pair controllers to.
9. Tap Controllers, then tap Left or Right to choose which controller you'd like to pair.
10. Follow the on-screen instructions to complete pairing.
11. Your controllers will show a blue and white blinking light when they are in pairing mode. A blue light will blink three times when your controller is successfully paired.

Once you've paired your controllers, the controllers will automatically connect to your headset each time you turn it on, if it's nearby.

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3. Adjust the top strap to take weight off your face and hold the headset comfortably in place.
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5. Use the lens adjustment wheel on the bottom left-hand side of the headset to change how close together the lenses are. Do this until the visuals in the headset are clear and visually comfortable to see.

6. With the headset off, you can also use the depth adjustment buttons to adjust how far the lenses are from your face or eyeglasses.
 - Gently tilt the headset arms upwards.
 - Locate the eye-relief buttons on next to the lenses inside the facial interface.
 - Hold down the button on one side, while holding the edge of the interface and slide the interface forwards or backwards to adjust the distance.
 - Repeat for the other side to ensure that the depth adjustment setting is the same on both sides.

Charging your Meta Quest 3

Your Meta Quest 3 headset has a rechargeable battery, which you can charge using the included 18-W power adapter and USB-C charging cable.

To charge your Meta Quest 3 headset:

1. Plug one end of the USB-C charging cable into the power adapter.
2. Plug the other end of the USB-C charging cable into the USB-C port on the left-hand side of your headset.
3. Plug the power adapter into a wall outlet.

The LED light on the side of your headset will indicate the charging status of your headset. When the LED light is orange, your headset is charging. When the LED light turns green, it's fully charged.

LED indicator colours on Meta Quest 3

Meta Quest 3 is equipped with two types of LEDs – a status indicator LED and a bystander signalling LED.

Status indicator LED

The LED on the side of your Quest 3 headset lets you know the status of the headset, including its battery charge state.

LED colour	What it means
White	Headset powered on

Green	Battery fully charged
Orange	Battery charging
Red	Dead battery

Bystander signalling LED

The LED on the front of your headset lets those around you know if the sensors on your headset are engaged, and if bystanders may be in your VR field of view.

LED colour	What it means
White	External sensors active
Blinking white	Pass-through is on and headset is casting, recording or live-streaming