



HOW TO: META QUEST 3 SETUP GUIDE

SkillsVR Support Guide | Meta



STEP-BY-STEP GUIDE

Meta Quest 3

Welcome to your new Meta Quest 3 headset! This guide will walk you through the setup process to ensure you have a smooth and enjoyable virtual reality experience.

» Safety Usage	2
» Getting Ready	3
» Powering On	3
» Headset Adjustment	4
» Status Indicators	4
» Controllers	5
» Re-centering the Screen	5
» Sleep and Wake Modes	5
» Hardware Reset	5
» Other Adjustments	6
» Important Reminders	6

Important Safety and Usage Tips

- » **Age Restrictions:** The Meta Quest 3 headset is not intended for children under 13 years old. Teenagers aged 13 and up should use the device under adult supervision to ensure safety.
- » **Compatibility with Glasses:** The Meta Quest 3 is designed to work with most prescription glasses. However, make sure your glasses do not touch the VR lenses when wearing the headset.
- » **Avoiding Discomfort:** Long VR sessions can lead to dizziness or eye strain. Take breaks every 30 minutes, and if you experience discomfort, stop using the headset immediately and seek medical advice if needed.
- » **Lens Protection:** Do not expose the headset's lenses to direct sunlight or strong light sources as this could cause permanent damage. Such damage is not covered under Meta warranty.

META QUEST 3

Getting Ready

Prepare Your Play Area

- » Clear Space: Aim for at least 2 meters by 2 meters of free space to move comfortably.
- » Good Lighting: Choose a well-lit room. Avoid rooms with dark walls, mirrors, glass, or other reflective or moving surfaces that could interfere with tracking.
- » Remove Protective Film: Remove any protective film covering the lenses or cameras of the headset.
- » Ensure Safety: Keep controllers and accessories out of reach of children.

Install Batteries in the Controllers

- » Remove Insulating Paper: Remove the paper tab from each controller's battery compartment to activate them.
- » Insert Batteries: Ensure that the batteries (pre-installed AA batteries) are placed correctly in the controllers.

Powering On

Power On the Controllers

- » First Use: The controllers will power on automatically once the insulating paper is removed.
- » Subsequent Use: Press and hold the Meta button (on the right controller) or the Menu button (on the left controller) for 2 seconds until the status light blinks white, indicating the controller is ready to use.

Power On the VR Headset

- » Press and hold the Power button (on the left side of the headset) for 3 seconds until you hear a chime sound and see the Meta logo on the display.



META QUEST 3

Adjusting the Headset

- » Strap Adjustment: Use the split back strap to adjust for a secure and comfortable fit. Ensure the top strap is also tightened to relieve pressure from your forehead.
- » Headset Positioning: Place the headset on your face comfortably, ensuring the lenses are aligned with your eyes.

Adjust the Interpupillary Distance (IPD)

- » Adjust the Lenses: Use the lens adjustment wheel located on the left side of the headset to modify the distance between the lenses until the image becomes clear and sharp.

Adjust the Depth

- » Eye Relief Adjustment: Use the eye-relief buttons on the side of the facial interface to adjust the distance of the lenses from your face. Hold down the button on each side and slide the interface forward or backward to find the most comfortable setting.

Status Indicators

Headset Status Indicators

- » White: The headset is powered on.
- » Green: The headset is fully charged.
- » Orange: The headset is charging.
- » Red: The battery is critically low.
- » Blinking White: The headset is in Pass-through mode (for mixed reality) or casting/recording.

Controller Status Indicators

- » No LED: Controller is powered off or has no battery.
- » White Blinking: Controller is in pairing mode.
- » Solid White: Controller is connected and paired.
- » Flashing Red: Battery is low.



META QUEST 3

Controllers

To Pair a New Controller

- » Open the Meta Horizon mobile app and go to Devices > Connect new device.
- » Follow the on-screen instructions.
- » Press and hold the Meta button and Menu button (on the left controller) or the Meta button and B button (on the right controller) until the LED blinks white.

To Disconnect a Controller

- » Press and hold the Meta button until the controller LED turns off.

Re-centering the Screen

- » Press and hold the Meta button on the right controller or the Volume Down button on the headset for 1 second to recenter the screen to your current view.

Sleep and Wake Modes

- » Automatic Sleep/Wake: The headset will automatically go into sleep mode when removed from your head and will wake up once you put it back on.
- » Manual Sleep/Wake: Press and hold the Power button for 3 seconds to manually sleep or wake the headset.

Hardware Reset

- » Headset Reset: If the headset becomes unresponsive, press and hold the Power button for 10 seconds to reset it.

META QUEST 3

Other Adjustments

Installing the Silicone Facial Interface

- » Facial Interface Installation: If you prefer a cleaner, more comfortable fit, you can install the silicone facial interface by removing the standard facial interface and snapping the silicone one in place. This can be cleaned using antibacterial wipes or a damp microfibre cloth.

Installing the Glasses Spacer

- » If you wear glasses, the glasses spacer (optional) can be installed to create more space between your glasses and the headset for added comfort.

Important Reminders

- » Glasses Compatibility: The Meta Quest 3 can accommodate most glasses. However, if needed, use the glasses spacer for additional space.
- » Storage: Always ensure that your headset, controllers, and accessories are stored safely out of reach of children, and protect the headset from direct sunlight or extreme temperatures.



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

Contact Support



www.skillsvr.com
support@skillsvr.com