

Meta Quest 2 - Quickstart Guide



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Hardware



In the box

- Meta Quest 2 VR Headset
- 2x Meta Quest 2 Controllers
- Spacer for glasses
- 1m USB-C cable
- Adapter

Before you start

- Do not allow the lenses to come in contact with periods of **direct sunlight**. This will permanently damage the screen and does not fall under warranty.
- Don't use alcoholic wipes to clean the headset as this can damage the headset. Instead, you can use non-alcoholic, anti-bacterial wipes

How to Install

1. Download the Meta Quest app from the Apple App store or Google Play Store.
2. Create a Meta account or login with your existing Meta account.
 - a. To create a Meta account visit the Meta.com website or use the app.
 - b. Sign up with your email address, Facebook or Instagram account.
 - c. You will receive a verification code to complete the registration.
5. Put on the Meta Quest 2 and follow the instructions on the screen. You will set up the controllers, wifi, safety and software update.
6. The final step of the installation will give you a pairing code to connect your device with the phone application.
 - a. Open the meta application on your phone and login with your account details.
 - b. When Wi-Fi and bluetooth are enabled on your phone and on the headset, the headset will pair automatically.
 - c. Alternatively, you can pair the device with the Oculus phone app: Menu > Devices > Pair Your Headset > Quest 2 > Continue. Enter pairing code > tap check mark.
7. The Meta Quest 2 is now installed and ready to use.

How to access wifi settings

1. Press on your right Oculus Touch controller to open the universal menu.
2. Hover over the clock on the left-hand side of the universal menu. When Quick settings appears, select it to open the Quick settings panel.
3. Select Wi-Fi.
4. Select the toggle to turn Wi-Fi on, select the Wi-Fi network that you want to connect to and enter the password.
5. Select Connect.

Connect your headset to Wifi from the mobile app

1. Turn on your headset and open the Meta Quest mobile app on your phone.
2. Click on Menu at the bottom, then click on Devices.
3. Select the headset you are currently using.
4. Under Headset settings, click on Wi-Fi, then select the Wi-Fi network you want to connect to and enter the password.

How to install applications

Meta app store

1. Press on your right Oculus Touch controller to open the universal menu.
 - Select Store.
 - Select the application you want to download. You might need a to add a payment method.
 - a. To add a payment method go to the Meta phone application > Menu > Settings > Payment methods

To download new content from your phone

1. Open the Meta Quest app and click on Store from the bottom menu.
2. Click on the application you want to download.

Sidequest

**Sidequest is the main way to sideload apps onto your Meta Quest device.*

1. Create a developer account and enable developer mode.
 - a. Go to <https://developer.oculus.com/manage/organizations/create/>
 - b. To verify identity, add credit card information or phone number.
 - c. Add organization, you can fill in any name.
 - d. Now you should be able to enable developer mode for the mobile application under device settings.
2. Create a Sidequest account
 - a. Go to <https://sidequestvr.com/sign-up>
3. Download Sidequest on your PC
 - a. Go to <https://sidequestvr.com/setup-howto>
 - b. Download with easy-installer.
 - c. Open the installer after download.
4. Connect the Meta device to PC with a data USB-C cable
 - a. Accept the pop-up that opens on the Meta Quest 2 to allow USB debugging.
5. Install the Sidequest store App on the headset through the Sidequest program on your PC.
 - a. Follow the Sidequest instructions on your PC

6. Open the Sidequest store App on the Meta Quest 2
 - a. Navigate to app library > top right select "Unknown Sources" > open Sidequest.
 - b. Go to <https://sdq.st/link> on PC and fill-in pairing code from Sidequest.
 - c. Click on Link App.
 - d. There should be a pop up notification in the Meta Quest 2. Click on allow from this source > Install.

7. Install desired Application.

**You can download it directly from the Sidequest App store on your PC or on the Meta Quest 2 itself.*

- a. If your application is already featured in the Sidequest store,, simply select your application and click on download/sideload apk in the sidequest program.
- b. If you application is not featured click on Install APK on the right top menu in the Sidequest program. Then select your APK file and click on install/sideload.
- c. In either case, the application should appear under "unknown sources" in your Meta Quest 2.

VR Expert Tips

1. To recenter your view, simply press and hold the Oculus button on your Touch controller until your view resets.
2. A Meta account cannot be used simultaneously on 2 devices to play online applications.
3. Offline use of the Meta Quest 2 is only possible for 90 days. After 90 days it will ask you to login again, for which you will need an internet connection.

To factory reset your device manually

1. Turn off your device. Hold the power button and choose "Power Off".
2. Press the volume down and power buttons on the headset and keep holding until it powers on.
3. When the headset powers on it will now take you to a menu with several options to choose from.
4. Use the volume down button and highlight the Factory reset option. Confirm selection using the power button.