

# Oculus Quest VR Headset

## Kit contents

1. Oculus Quest VR headset
2. Headset spacer for eyeglass-wearers (already installed)
3. Two (2) touch controllers
4. Two (2) rechargeable AA batteries for controllers (already installed)
5. Oculus power cable (USB-C plug and USB-C to USB-C cord) for charging and file transferring
6. Microfibre cleaning cloth

**Please ensure these contents are included when you return the device.  
Kits with missing items will not be accepted.**

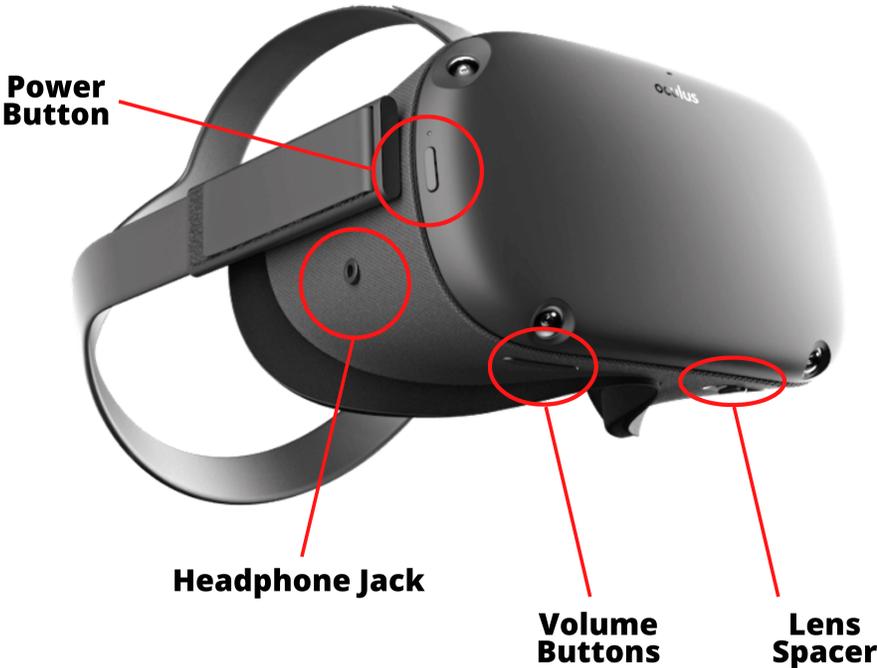


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## **i** Before using the device

- 1. If you wear eyeglasses,** make sure that your frames are less than 142 mm (5.59 in) wide and less than 50 mm (1.97 in) tall.
- 2. Decide whether you want to use the MCL's Facebook/Meta account or your account.**
  - 2.a.** If you want to use the MCL's content library, a staff member needs to set up the headset. Note that you won't be able to (screen)cast to a computer or mobile device without the MCL's Facebook/Meta account credentials.
  - 2.b.** If you want to use/generate your content library, staff can help you set up the headset with your Facebook/Meta account.  
**Note:** For setup, you'll need a mobile device and the Oculus app, which is a free download from the Apple App Store or Google Play Store.
- 3. Ensure that the play area is clear of objects within and around it:**
  - 3.1.** Remove all hazards and obstacles that might limit your movement within the play area.
  - 3.2.** Allow extra space (2-3 ft) between the boundaries of your play area and any hard surfaces like furniture and walls.
- 4. Don't use chemicals (including alcohol-based wipes) to clean the Quest lenses.** Use the soft, lint-free cloth provided to clean the lenses by rubbing in a circular motion from the center of the lens to its edges.
- 5. Keep the headset away from direct sunlight.** Ensure that the lenses are facing away from windows, as well as direct sunlight, to avoid damaging the headset.
- 6. Be prepared to stop: don't force yourself through VR experiences.** Take breaks and stop if you're feeling dizzy or nauseous.

**7. Familiarize yourself with the headset, especially its power button, volume buttons, and lens spacer (Fig. A):**



**Fig. A.** Oculus Quest headset

**8. Familiarize yourself with the controllers (Fig. B):**



**Fig. B.** Left controller (left), back of Right controller (middle), Right controller (right)

## Instructions

### 1. Adjusting and wearing the headset

1. Swing the headband upward.
2. **Adjust the Velcro straps on the headband as needed.** Loosen the top strap to start and then fasten the side straps (Fig. 1a).



**Fig. 1a.** Headband straps with arrows for adjustments

3. **Press the headset visor firmly against/into your face, and then swing the headband downward (Fig. 1b):**
  - 3.1. Align the lower part of the visor padding with your cheekbones.
  - 3.2. Bring the headband down and over the back of your skull (Fig. 1b).
4. **To remove the headset, swing the headband upward and then pull the visor away from your face.**



**Fig. 1b.** Headset display positioning and headband being lowered over the head

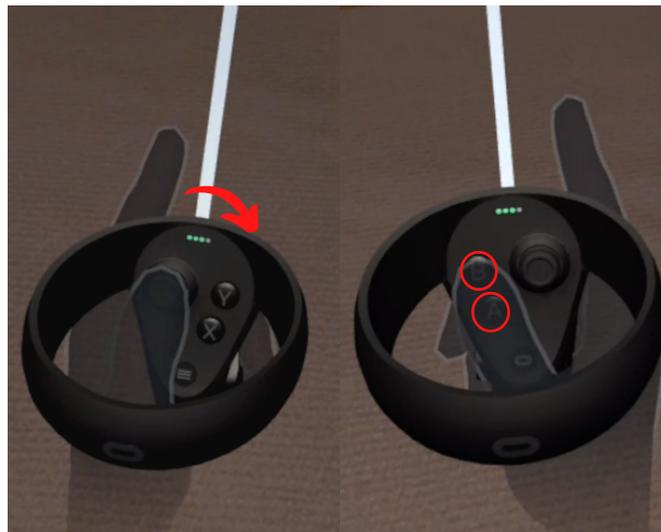
## 2. Using the controllers

- 1. Use the controllers' lanyards to secure them to your wrists.** Secure the Right controller to your right limb and the Left controller on your left limb (Fig. 2a).



**Fig. 2a.** Right controller with lanyard attached

- 2. For each controller, align your primary (index) finger with the trigger on the back.** Your middle finger should rest on the button located on the side of the controller handle, and your thumbs on the **A** and **B** buttons and analog stick (Fig. 2b).

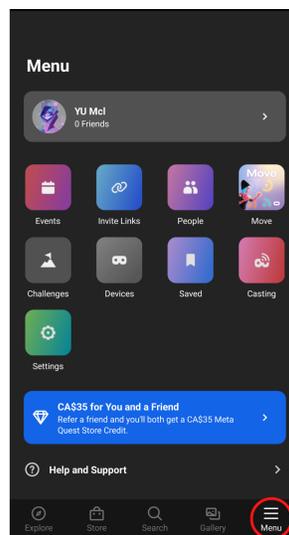


**Fig. 2b.** Holding controllers with index fingers near triggers and thumbs resting on face buttons (A and B for Right controller, X and Y for Left controller)

### 3. Setup using your Facebook/Meta account

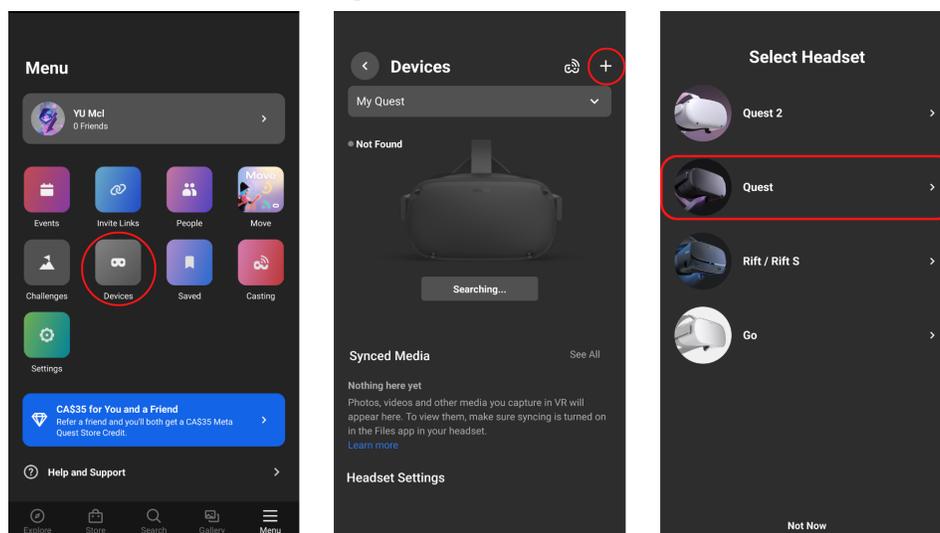
**Note:** If you're using the MCL's Facebook/Meta account, skip to section 4, *Setting up the play area*.

1. Turn on the headset by pressing and holding the power button on the side of the headset.
2. Download and install the **Oculus app on your mobile device**. It's free on the Apple App Store and Google Play Store.
3. Use the **Oculus app to pair the headset with your mobile device:**
  - 3.1. Log in with your Facebook or Meta account.
  - 3.2. Select **Menu** in the toolbar at the bottom of the screen (Fig. 3a).



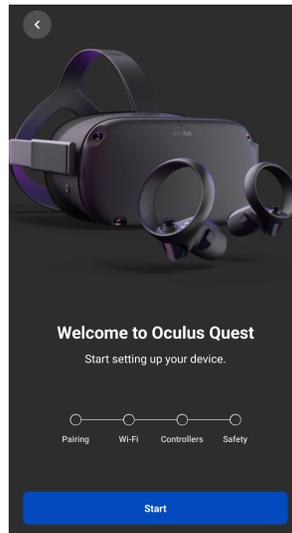
**Fig. 3a.** Location of **Menu** option

- 3.3. On subsequent screens (Fig. 3b), select **Devices**, then select the **+** icon, and then select **Quest**.



**Fig. 3b.** **Menu** screen (left), **Devices** screen (middle), **Select Headset** screen (right)

4. Follow the steps displayed on the app screen to set up the Oculus headset (Fig. 3c):



**Fig. 3c.** Steps displayed in Oculus app

- 4.1. Turn on the headset by pressing and holding the power button for 2 sec (Fig. 3d).
- 4.2. Enter the five-digit code displayed on the headset screen and click **Next** to continue.
- 4.3. Select your Wi-Fi network and connect to it through the app.
- 4.4. Follow the next few instruction to pair the controllers and watch the mandatory video about safety considerations.

**Note:** Go back to the **Menu/Setting** screen, select the desired headset from the dropdown menu, and click **Connect**. The headset will appear as a nearby device that you can connect.



**Fig. 3d.** Power button

## 4. Setting up the play area (Guardian)

1. **Decide whether you want a *Stationary* (fixed-spot) or a *Roomscale* (free movement) experience.**
  - 1.a. For a *Stationary* experience, clear a space of at least 3.5ft x 3.5 ft.
  - 1.b. For a *Roomscale* experience, clear a space of at least 6.5ft x 6.5 ft.
2. **Turn on and wear the headset.**
3. **Follow the on-screen prompts to set your experience-type and corresponding Guardian boundaries.**
  - 3.1. Hold down/up the toggle stick to adjust and set the floor level (Fig. 4a).



**Fig. 4a.** Analogue stick adjustment

- 3.2. (Roomscale experience) Hold a trigger, point to the ground, and draw an outline to define the play area (Fig. 4b).



**Fig. 4b.** Creating Guardian boundaries

**Note:** You need to (re)set your experience-type and Guardian for each session

## 5. Adjusting the lenses and the volume

1. **Adjust the distance between the lenses by moving the slider on the left-underside of the visor (Fig. 5a).** Increase/decrease this spacing until the headset image is clear.



**Fig. 5a.** Lens-spacing slider on underside of visor

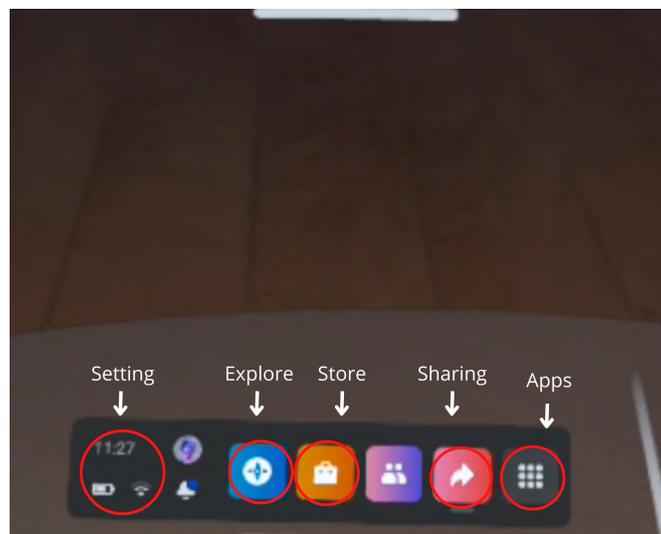
2. **Use the (+) and (-) button on the right-underside of the headset to adjust the volume.** You can also adjust this volume in the **Settings** menu within the headset (Fig. 5b).
3. **(Optional) Insert wired headphones into one of the ports on the visor's side:**
  - 3.1. Locate the 3.5 mm port on either side of the visor. Each port is below the side strap.
  - 3.2. Insert the headphones plug into one of the 3.5 mm ports. Ideal headphones have plugs shaped at 90 degrees.



**Fig. 5b.** Volume buttons on underside of visor

## 6. Exploring and opening apps in the headset

1. Navigate to the virtual home environment.
2. Press the Oculus button and point the controller parallel to the ground to reset the view.
3. Familiarize yourself with the universal menu or toolbar (Fig. 6a).
4. Select *Apps* (icon of nine-block grid) and scroll to the *First Steps* app (Fig. 6b).
5. Open the app and follow the on-screen instructions to become more comfortable with the controllers.
6. (Optional) To download more (free) apps, select *Explore* (icon of compass) from the toolbar.



**Fig. 6a.** Universal menu (toolbar)



**Fig. 6b.** *First Steps* app within *Apps* menu

## 7. Navigating the settings

1. Familiarize yourself with the *Quick Settings* menu (Fig. 7a) from the toolbar.
2. Use the *Guardian* section to change the boundaries of your VR experience (Fig. 7a).
3. Select the *Passthrough Mode* option and enable it (Fig. 7a).
4. Double-tap the visor to enter *Passthrough Mode* after you have enabled this option to enter this mode on demand.

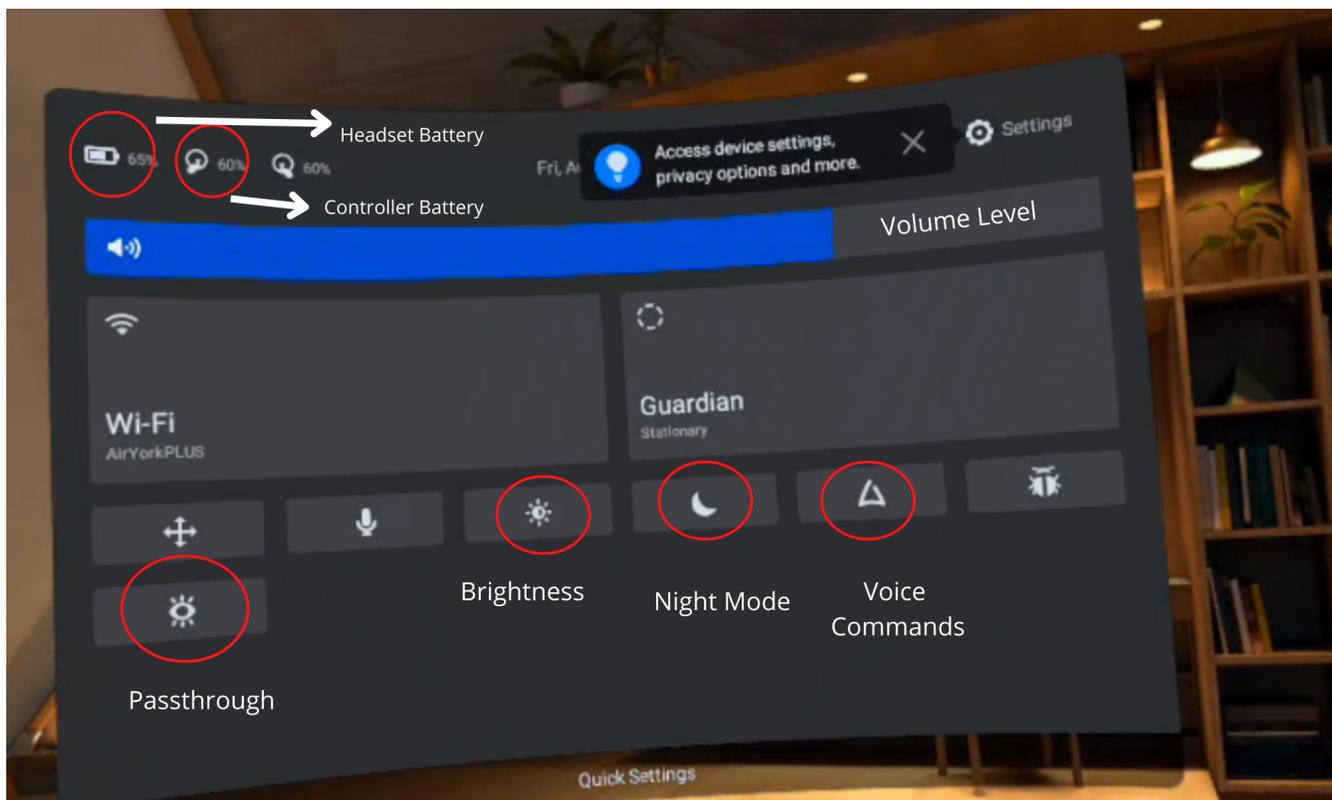


Fig. 7a. *Quick Settings* menu

## 8. Re-calibrating the Oculus Display

1. Enter the *Quick Settings* menu, select *Settings* (Fig. 8a), and then select *Devices* on the left side.
2. Select the *Configure Quest* dropdown menu, and then start the setup by selecting *Rerun Setup*.
3. **Recalibrate your Oculus Quest.** Set the orientation that feels most comfortable.

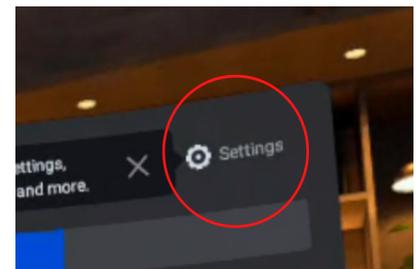


Fig. 8a. *Settings* option located within *Quick Settings*

## 9. Turning off the Oculus

1. (Optional) Press the power button once to enter Sleep mode.
2. (Recommended) Press and hold the power button to open Power menu.
3. Use the controller to select *Power Off*.

## Helpful tips and usage notes

- 1. Consider (screen)casting your VR experience to a computer, which you can connect to a larger display.** Casting lets other people see/hear whatever the headset-wearer sees/hears in real-time. It's a local experience.

**Note:** The computer and the headset need to be connected to the same Wi-Fi network.

- 1.1.** On the computer, open a web browser and go to [oculus.com/casting](https://oculus.com/casting).
  - 1.2.** Log in using the same Facebook/Meta account as the headset.
  - 1.3.** On the Right controller, press the Oculus button to open the universal toolbar.
  - 1.4.** In the headset, select the **Share** menu from the toolbar and then select the **Cast** action.
  - 1.5.** On the computer, select **Next**.
  - 1.6.** Select **Done**.
  - 1.7.** (Optional) On the computer, enable full-screen mode and/or the headset microphone.
- 2. Consider recording your VR experience using the Record function.**
    - 2.1.** On the Right controller, press the Oculus button to open the toolbar.
    - 2.2.** Select the **Sharing** -> **Record Video** -> **Start Recording**.

# Attributions

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## 2. Assets

Fig. 4b is adapted/sourced from Meta Quest YouTube channel



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