

# Meta Quest 3 & 3s

Requirements: Stable Wi-Fi network, Meta Quest 3/3s

The device should be charged before doing the setup

1. Download the Oculus app either from the Google Play Store or Apple's App Store
2. Turn on the Quest by holding the power button until the Meta logo appears
3. There are step-by-step instructions integrated into the headsets with visuals. Follow these, and your headset will be ready in no time.