STEP 1: OCULUS QUEST KIT
If you are using an Oculus Quest through the NCAT equipment rental program, ensure upon receiving that the following items are included in your case:

- Oculus Quest Headset
- Headset Charging Cord
- Charging Block
- Controllers
- Glasses Spacer

HOW TO ADJUST VIEW
- With your hands on both sides of the headset, slowly move your Oculus Quest up and down until the picture is clear
- If you wear glasses, insert the glasses spacer into your headset prior to using it
- If the image in your headset isn’t clear, adjust the image slider on the bottom left side of the headset from left to right until image is clear

HOW TO WEAR YOUR HEADSET
- Loosen the side straps and top strap
- Starting from the back, put headset on
- If wearing glasses, put headset on from the front first
- Tighten side tabs and top strap – make sure the straps aren’t too tight. The headset should fit comfortably and not apply too much pressure on your face and head.
VIRTUAL SPACE ONBOARDING INSTRUCTIONS

◆ USING WITH GLASSES

Before you wear your Oculus Quest with glasses, check to make sure the width and height of your frames are the following sizes:

- Width: 142mm or less
- Height: 50mm or less

Insert the eyeglasses spacer into your Oculus Quest headset to provide a larger fit.

1. Using your fingers, carefully remove the lens rings and set them aside:
   - Place your headset face-down on a flat, clean surface. Hold the headset still with one hand, and pull upward from the outer edge of the lens ring until it comes loose. Repeat this step for the other lens ring.

2. Remove the facial interface foam.

3. Insert the eyeglass spacer and gently press the spacer in place.
   - When the eyeglass space is correctly set, it should not move or fall out of the headset easily.

4. Re-insert the facial interface foam.

5. Using your fingers, carefully press the lens rings back in place until they click.

◆ CHARGING YOUR HEADSET

To keep your Oculus Quest in good working condition, you should only charge your Quest with the charger that was included in the box. If you run into any issues with charging your Oculus Quest, try the following steps:

- When charging, ensure your charging cable is connected to your headset properly. If you’re not sure, unplug your charging cable from the headset and power brick, then plug it back in.
- Make sure the LED light on the side of your headset is lit while charging. If the LED light is not lit orange or Green, your headset is not being properly charged.
- When your headset isn’t charging and isn’t in use, make sure that it is turned off or in sleep mode.