**🎯 Complete VR Setup for Meta Quest in Unity (with XR Toolkit + OpenXR)**

**✅ STEP 1: Start a New Unity Project**

* Use Unity Hub → Create a **3D (URP optional)** project.
* Unity Version: **2022.3 LTS** or newer is recommended.

**✅ STEP 2: Set Up Android Build Platform**

1. Go to **File > Build Settings**.
2. Select **Android** → Click **Switch Platform**.

⚠️ Unity will take a few minutes to reimport assets.

**✅ STEP 3: Install XR Plugin Management**

1. Go to **Edit > Project Settings > XR Plugin Management**.
2. Click **Install XR Plugin Management**.

**✅ STEP 4: Enable OpenXR for Android**

1. After installation, go to **Project Settings > XR Plugin Management**.
2. Select the **Android** tab.
3. ✅ Tick **OpenXR**.
4. Unity will prompt to install **OpenXR Plugin** — click **Yes**.

**✅ STEP 5: Install Required Packages**

Go to **Window > Package Manager**, and install these:

1. **XR Interaction Toolkit**
   * Click **+** → **Add package from Unity Registry** → Search: XR Interaction Toolkit
   * Click **Install**
2. When prompted to **Enable Input System**, click **Yes and Restart**.
3. **OpenXR Plugin** (already added in Step 4, confirm it's installed)
4. (Optional) **Oculus XR Plugin** – if you prefer Oculus SDK, but **OpenXR is recommended**.

**✅ STEP 6: Configure XR Interaction Toolkit**

After installing XR Interaction Toolkit:

1. Go to **Edit > Project Settings > XR Interaction Toolkit**
2. Set:
   * ✅ **Input System Backend**
   * ✅ **Interaction Layer Mask**

**✅ STEP 7: Configure OpenXR Settings**

1. Go to **Project Settings > XR Plugin Management > Android > OpenXR**.
2. Click **+ Add Interaction Profile**:
   * ✅ **Oculus Touch Controller Profile**
   * ✅ **Hand Tracking Subsystem** (if using hand tracking)
   * ✅ **Meta Quest Support** (if available)
3. Set OpenXR as **Default** under the **Feature Group** section.

**✅ STEP 8: Player Settings (for Android / Meta Quest)**

1. **File > Build Settings > Player Settings > Android**:
   * Company Name: e.g., VishwasTech
   * Package Name: e.g., com.vishwas.vrproject
   * **Minimum API Level**: Android 10 (API Level 29) or higher
2. Under **Other Settings**:
   * ✅ Scripting Backend: **IL2CPP**
   * ✅ Target Architectures: **ARM64**
   * ✅ Graphics API: **OpenGLES3** (remove Vulkan)
3. Under **XR Plug-in Management > OpenXR > Android**:
   * Confirm **Oculus Touch Controller** and **Meta Quest Support** are checked

**✅ STEP 9: Setup Sample XR Rig**

1. Go to **Assets > Samples > XR Interaction Toolkit**.
2. Import **Default Input Actions**.drag it to herarchy
3. In your scene:
   * Add **XR Origin (VR)** from **GameObject > XR > XR Origin (VR)**.
   * Add **XR Interaction Manager**.

**✅ STEP 10: Build & Deploy to Meta Quest**

1. Enable **Developer Mode** in the **Meta Quest app** (on your phone).
2. Connect your headset to your PC with USB and **allow USB debugging**.
3. In Unity:
   * **File > Build Settings**
   * Select **Build and Run**.
4. Or export .apk and install using **ADB**:
5. adb install your\_app.apk

**📦 Optional Tools:**

* **Meta Quest Developer Hub (MQDH)**: For easy app sideloading & logs  
  [Download here](https://developer.oculus.com/downloads/package/oculus-developer-hub/)

Would you like me to generate a **setup diagram image** or **PDF checklist** of these steps for easier reference?