How to connect Meta Quest 2 to a PC

System requirements

To use the Meta Quest 2 with your PC, Meta recommends you have a system running Windows 10 or Windows 11 with an Intel i5-4590 / AMD Ryzen 5 1500X or greater and at least 8GB of RAM. Most Nvidia GPUs from the 970-series and higher are compatible, as are AMD 400-series and higher GPUS. However, some older Nvidia and AMD GPUs are not compatible. For a complete list, you can check the Meta Quest Link compatibility requirements.

Software

Before you start either method, you'll have to download the Meta Quest app to your PC. Go to oculus.com/setup and click on the link that says "Download Software."

There are separate links below for the Quest 2, Rift S, the original Oculus, the Oculus Go and the Rift. Be sure to select the correct one.

To use the software, you'll have to register with Meta; you can do so using a Facebook account or your email address.

How to connect your Meta Quest 2 to a PC via Link

This is perhaps the easiest way to connect your Meta Quest 2 to a PC, but it means you'll be tethered to your computer and won't be able to move around as freely. For this, you'll need a USB-C cable. If your PC has a USB-C port, you can use a USB-C to USB-C cable; otherwise, you'll need a USB-C to USB-A cable.

1. Make sure your Meta Quest 2 is turned on. In the Meta Quest app, select Devices, and then Add Headset.

2. Select Quest 2.

3. Select Link (Cable) as the connection method.

4. Plug one end of the cable into your Meta Quest 2 headset, and the other end of the cable into your PC.

5. In the Meta Quest app, press Continue. On the screen that appears next, you can choose to test your cable connection, or press Continue.
Your Meta Quest 2 is now connected to your PC.

How to connect your Meta Quest 2 to a PC via Air Link

This process involves a few more steps, but it also allows you to use your Meta Quest 2 untethered from your PC.

1. Make sure that both your Quest 2 and your PC are on the same Wi-Fi network; Meta advises that they should be connected to a 5GHz network.

2. In the Meta Quest app on your PC, select Devices, then Add Headset.

3. Select Meta Quest 2, and then select Air Link (Wireless) as your connection method.

4. Put on your headset. Open Quick Settings by hovering over and selecting the clock on the left side of the navigation bar.

5. Press the gear icon in the upper right corner of the window that appears to open the full Settings menu.

6. Select the System box.

7. Look for Quest Link, and toggle it On. A window will appear showing all PCs on your network with Air Link available. Select your PC.

8. A pairing code will appear in your Meta Quest 2. Take off the headset and make sure it matches the code that appears on your PC's screen.

9. Put the headset back on, and complete the pairing process.

Youtube Link
https://youtu.be/kz33-7z_fM4

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