

# User Guide

## Rift S Hardware Setup

You're now ready to set up your Rift S hardware.

### Update your Graphics Card Driver

We recommend updating your graphics card (GPU) driver to the latest public version.

If your Rift S hasn't arrived yet, you can save time later by updating your driver now. This gives your Rift S the highest possible resolution, fastest responses and most convincing VR (virtual reality) experience. The Oculus software will prompt you to update your driver during setup if it's out of date.

- For NVIDIA, update to the latest public version.
  1. Install the [NVIDIA GeForce Experience](#) if you haven't already. This is NVIDIA's own software designed to help you with driver updates.
  2. On your Windows desktop, open the system tray in the bottom-right.

Note: You may need to click the upward-facing triangle to the left of your status icons, such as Wi-Fi status, to open hidden icons.

3. Click the green NVIDIA icon.
4. Select Open NVIDIA GeForce Experience.
5. Open the Drivers tab.
6. Click Check for updates.
7. Download the current (64-bit) driver for your graphics card.
8. Choose the Express Install option and follow the prompts to complete the update.
9. The update process takes a few minutes.
10. The Oculus software will restart automatically after you finish updating your driver.

Note: If you're having issues, see our [Rift S Hardware Troubleshooting](#) page.

- For AMD, update to the latest public version.
1. Right-click your Windows desktop and select AMD Radeon Settings or AMD Catalyst Control Center.
  2. Select Information.
  3. Select Software Update.
  4. Click Check for updates now.
  5. Download the current (64-bit) driver for your graphics card.
  6. Launch the downloaded file and follow the prompts to complete the update.
  7. The update process takes a few minutes.
  8. The Oculus software will restart automatically after you finish updating your driver.

Note: If you're having issues, see [Rift S Hardware Troubleshooting](#).

## Set Up your Rift S

Next, unbox the Rift S headset, Oculus sensor, Oculus remote and Xbox controller.



Get ready to connect the Rift S headset and Oculus sensor to your computer.

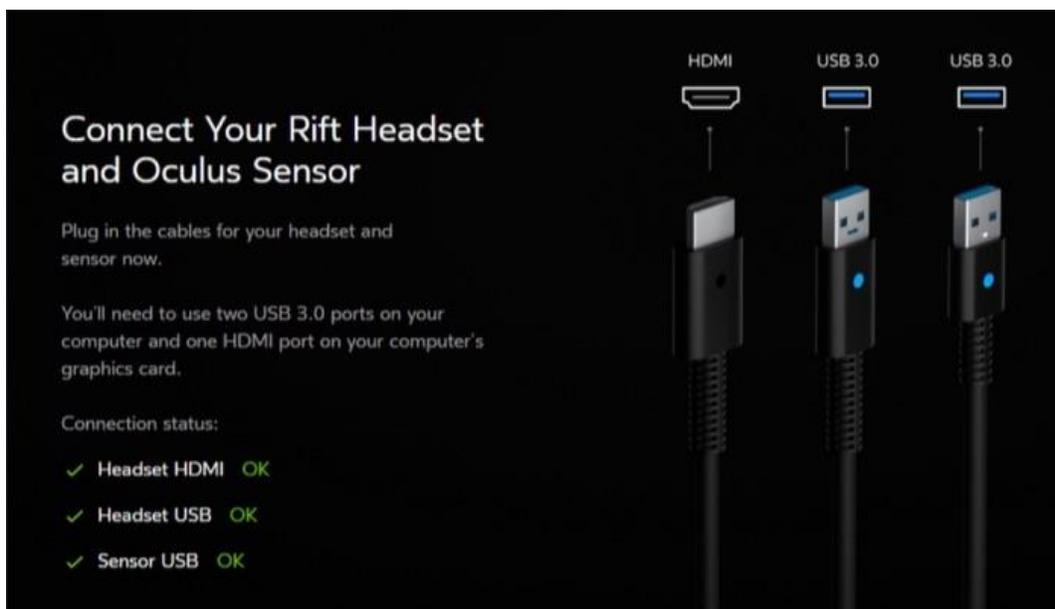
1. Remove the protective films from the headset lenses.

Note:

- Handle the headset with care. Never drop it or treat it roughly.
  - Follow our [Rift S Headset and Lens Care](#) recommendations at all times.
2. Remove the protective film from the sensor lens (the shiny side of the sensor body).
  3. Connect the HDMI end of the headset cable to the HDMI port on your graphics card.

Note: Don't use the HDMI port on your motherboard, if you have one. If you aren't sure which HDMI port to use, try the one on the narrower and simpler panel on the back of your computer. (Most graphics cards are about 25 mm wide, whereas the motherboard panel will usually be wider and have more ports on it.)

4. Connect the USB end of the headset cable to a USB 3.0 (blue) port on your computer.
5. Connect the sensor cable to another USB 3.0 (blue) port on your computer.
6. You'll see three green icons in the bottom-left of the Oculus screen indicating that the headset and sensor have both been connected successfully.



7. Click Next.

Note:

- If you see red or yellow warning icons or have any other issues, try our [Rift S Hardware Troubleshooting](#).
- There's still a few more things we'll need to do before you're ready to wear the Rift S headset.

# Updating Firmware

Let's make sure that your Rift S has the latest firmware before you begin. This ensures that your Rift S performs at its very best.

1. Click Update Now on the firmware update screen.

Note:

While the firmware update is being carried out:

- Don't unplug the Rift S headset or Oculus sensor.
  - Don't turn off your computer.
2. You'll be notified when the firmware update is complete.

# Connect your Oculus Remote

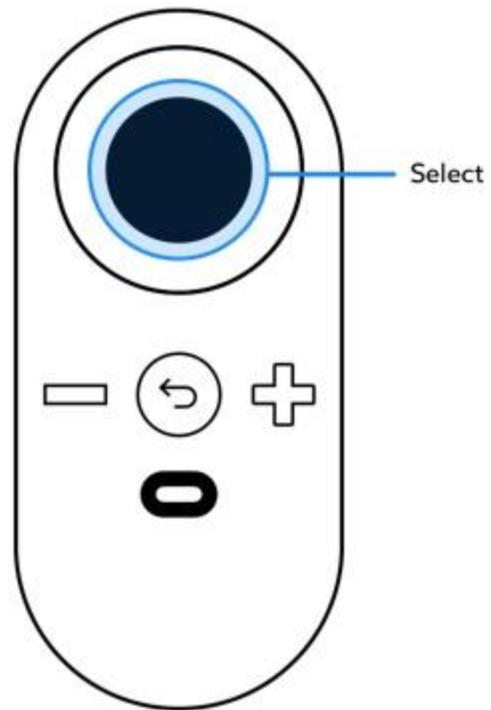
Your Oculus remote helps you navigate in Oculus Home, as well as some games and apps.

1. Gently pull the clear plastic tab out from the battery door on the back of the remote. This tab prevents the batteries from going flat during delivery.

Note:

If the plastic tab breaks or you can't remove it:

- a. Open the battery door by sliding the back side of the remote down towards the lanyard.
  - b. Use a pointed tool, such as the Audio Tool included, to pry the battery loose.
  - c. Remove the plastic tab.
  - d. Put the battery back in.
2. Press and hold the select button, which is in the centre of the navigation disk, to pair the remote with your headset.



3. You should now see that the Oculus remote is connected.

4. How to use the Oculus remote:



Index

---

1	Up	8	Volume Up
2	Status LED	9	Back Button (B Button)
3	Left	10	Volume Down
4	Select Button (A Button)	11	Oculus Button
5	Right	12	Battery Door
6	Navigation Disk	13	Lanyard
7	Down		

- Navigation disk – move up, down, backwards or forwards through menu options.

- Select button – select a menu option, or select an item in a game or app.  
Note: The select button has the same function as the A button on the Xbox controller.
- Back button – cancel an option, or move back a screen.  
Note: The back button has the same function as the B button on the Xbox controller.
- Volume down and Volume up – control the volume in the On-ear Headphones.
- Oculus button – press to access the Universal Menu from almost anywhere in Rift S .  
(See [The Universal Menu](#).)

Note: If you ever need to replace, or disconnect and reconnect, the Oculus remote, you can manage your devices in the Devices section of the Oculus app settings. (See [Managing your Oculus Account, Privacy and Devices in the Oculus App](#))

## Set Up your Oculus Sensor

The Oculus sensor makes sure that what you're seeing in Rift S tracks your position and movement.

1. Enter your correct height when asked. This helps ensure that your VR environment looks right to you.
2. Remove the protective film from the sensor lens (the shiny side of the sensor body).
3. Find a good place for your Oculus sensor. The ideal position is:
  - Between 1 metre and 2 metres away from your head.
  - Where nothing will get in the way. Try crouching and stepping sideways to make sure that the edges of the desk or shelf you're using won't block your view of the sensor. Don't use an area where people will be walking between you and the sensor.
  - Where you'll normally be facing. Keep the sensor inside your starting field of view.
  - On a stable surface. Don't put the sensor on top of your monitor or computer, or anywhere else where it will vibrate or wobble.
  - Slightly above your headset. If this isn't possible, it's fine to have it below your head instead.
4. Take the Rift S headset to the spot where you plan to use it.
5. Make sure that the sensor lens (the shiny side) is pointing at your head.
6. Gently adjust the angle of the sensor body on the sensor stand if necessary.
7. Hold the headset just in front of you and move it slowly side to side.

8. You may also need to swing it gently down towards the floor and back up in front of your head.
9. You'll be notified when the Oculus sensor has found your headset.

## Set Up Touch

Touch controllers give you hand presence and an even better way to interact in VR.

1. If you haven't already, connect your second sensor. You'll be prompted to set up Touch, including the correct arrangement for your second sensor.

Note: You can always run through the full Touch + Rift S setup again at any time from the Devices pane in Settings in the Oculus app.

2. Follow the on-screen prompts to make sure that your sensors are set up at the correct distance and angle for proper tracking. You'll be prompted to set up Guardian System after that's complete.

## Set Up Guardian System

Guardian System lets you map out a play area where you'll use Rift S and Touch. Guardian System alerts you when you're near the boundaries of your play area.

1. After you set up Touch, you'll be prompted to set up Guardian System.

Note: You can always set up Guardian System again at any time from the Devices pane in Settings in the Oculus app.

2. Follow the on-screen prompts to map out the largest possible play area from the available space in your room. Make sure that there aren't any hazards within the boundaries of your play area. See our full [Health & Safety Warnings](#).

## Personalise your Rift S

Take a few minutes to adjust your Rift S. You'll be more comfortable in VR if your Rift S fits securely.

When your Rift S headset fits you properly, it will be quick and easy to put it on from then on.



1. Open the side tabs on the main strap. Fasten the tabs to the middle of the strap arms as a starting point.
2. Open the top tab, loosen the top strap all the way and leave it loose. We'll adjust this separately in a minute.
3. Angle the On-ear Headphones outward.
4. To put on the headset and test the fit:
  - a. Hook the tracking triangle on the back of your head.
  - b. Then pull the headset body down over your face in one smooth motion.
  - c. If you need to wear glasses with Rift S , you may prefer to put on the headset in a different way:
    - i. Hold the headset onto your face with one hand.
    - ii. Pull the straps down over the back of your head.
5. Tighten the side tabs slightly.
  - Keep tightening them until you feel the springs in the strap arms give slightly when you're putting on the headset.

- Make sure that the side tabs are tightened evenly so that the headset is centred on your face and sits directly in front of your eyes.
- The main strap should ride low, with the tracking triangle over the bony bump on the back of your head.



6. Tighten the top strap until you feel the weight balanced around your head.
  - If you find that you're tempted to hold the headset like binoculars, adjust the straps a little tighter.
  - After you've adjusted your Rift S to fit you, you shouldn't usually have to make any adjustments when you wear it the next time.
7. Rotate the headphones into position and push them onto your ears.
8. Find the lens slider on the underside of the headset. It controls lens spacing inside the headset. Push and hold it into the headset, then slide it to get the sharpest possible image.

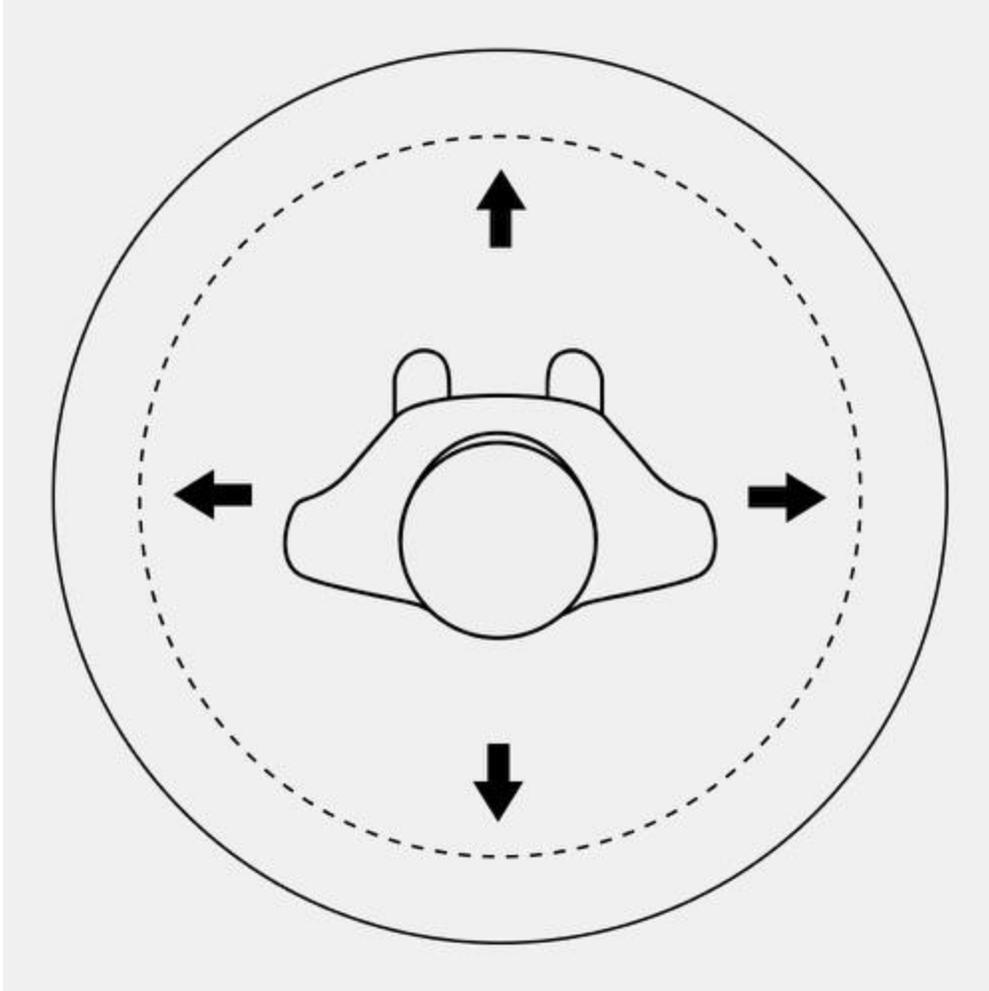


## Enter Rift S

Here are some tips to make sure that you're safe and comfortable while using your Rift S .

For your safety and the safety of others, make sure that you:

- Clear an area of at least a few metres in all directions. Move anything that might get in your way, such as furniture or other objects.



- Always be aware of your surroundings while using the Rift S .
- Don't use the Rift S near stairs, balconies, windows or other people.
- Read our full [Health & Safety Warnings](#).

Now that you're ready:

1. Stand in the spot where you'd like to use Rift S and face the Oculus sensor.
2. Slide your wrist through the Oculus remote's lanyard.
3. Put on the Rift S headset.
4. Move the headset very slightly up and down on your face until the image is sharpest.
5. Then push in the lens slider on the bottom of the headset and slowly slide it from side to side until the image is sharpest.
6. The Oculus sensor will adjust to your position. Make sure that you've already [Set Up your Oculus Sensor](#).

7. Press the select button on the Oculus remote. You'll see a few short experiences to get you started in VR.

# Rift S Software Setup

How to install the Oculus software on your computer and set up your Oculus account.

## Getting Ready for Rift S

To use your Rift S , you'll need to install the Oculus app and calibrate the Rift S .

Note:

- Make sure that your computer meets our recommended [System Specifications](#), especially if you haven't [ordered your Rift S](#) yet.
  - You may need to take steps outside the Oculus software during this process, such as updating your graphics card (GPU) driver.
  - The setup process will take about 30-60 minutes to complete.
1. Make sure that your computer is connected to the Internet.
  2. Set up your Rift S in an area where you can move around safely. See our full [Health & Safety Warnings](#).
  3. Prepare your space so that the Oculus sensor will have a clear view of your Rift S headset. (Full details here: [Set Up your Oculus Sensor](#).)

## Installing the Oculus App

Download the Oculus app and install it on your computer.

1. Download [Oculus Setup](#) from [www.oculus.com/setup](http://www.oculus.com/setup).
2. Launch the OculusSetup.exe file after it has finished downloading.
3. After the welcome screen, read and accept the Oculus Terms and Conditions.
4. Read and accept the [Health & Safety Warnings](#).
5. Click Install Now.

Note: If you get a Windows Security challenge, click Install.

6. After the installation finishes, click Next.

Note: If you have any issues or get an error message, see [Rift S Software Troubleshooting](#).

# Creating your Oculus Account

You'll need an Oculus account to use Rift S .

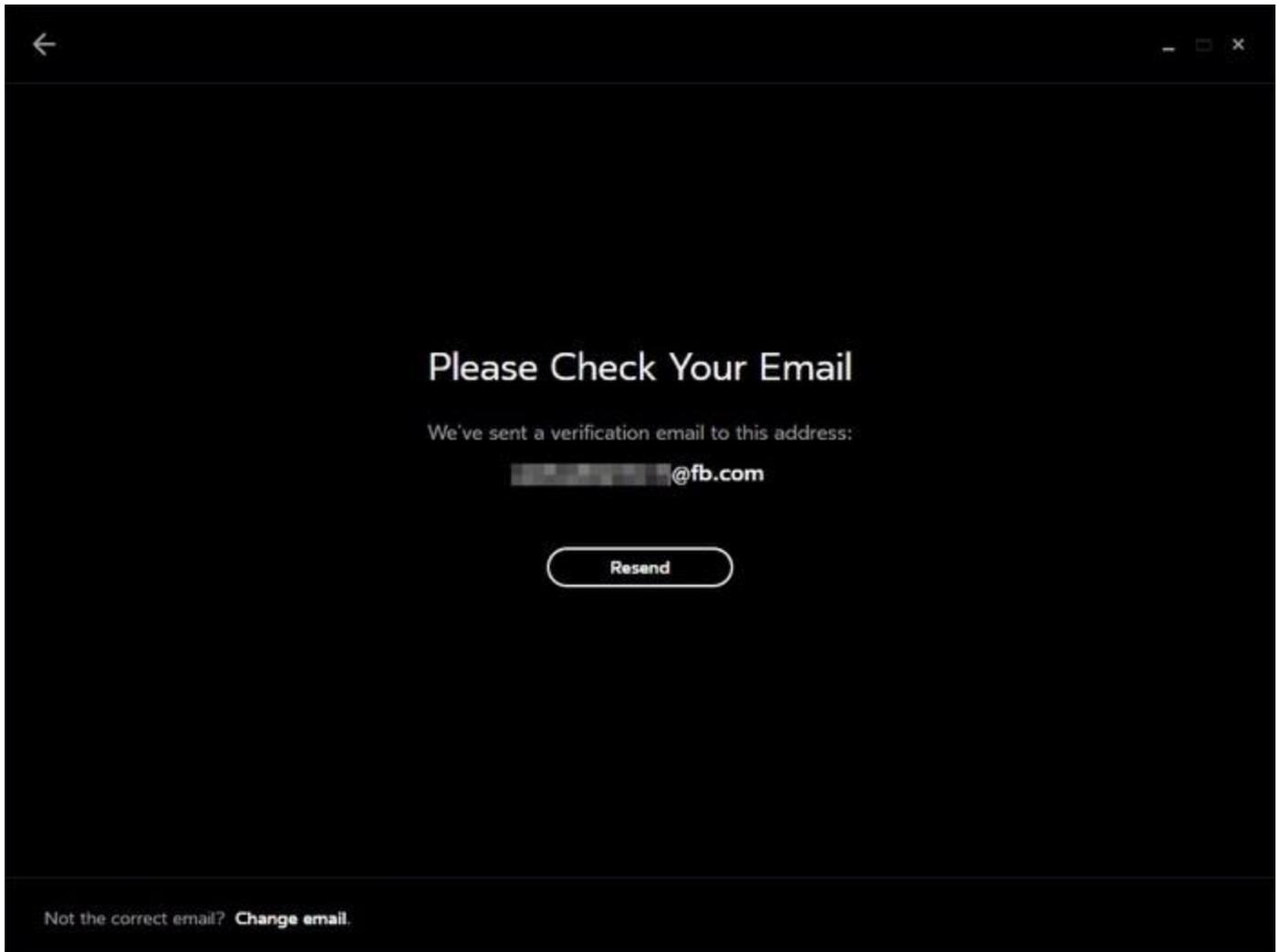
Let's create your Oculus account.

Note: If you already have an Oculus account (for instance, if you also have Gear VR) just sign in.

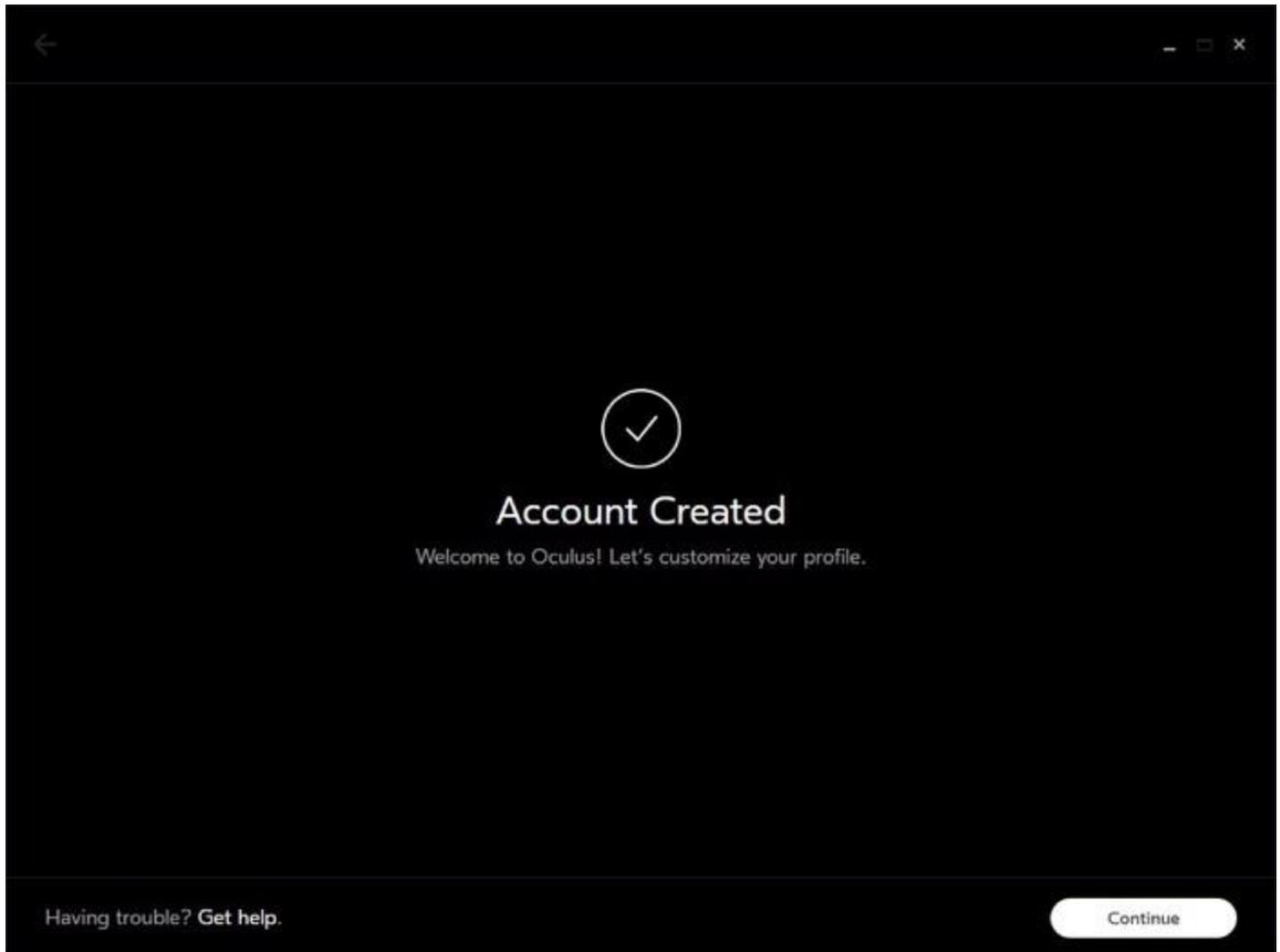
1. Choose an Oculus username that you're OK with others seeing in social games or activities.

Note:

- Your username is public. See the full [Oculus Privacy Policy](#).
  - Your username can be between 2 and 20 characters long.
  - You can use certain special characters – a full stop (.), underscore (\_) or hyphen (-) – but you can't use them at the beginning of your username, and you can't use two special characters in a row.
  - You can't use spaces in your username.
2. Enter your first name and surname. We won't share your real name with others unless you choose that option in your privacy settings.
  3. Enter a valid email address. We'll need it to send you your confirmation link.
  4. Choose an Oculus password that's at least eight characters long. Don't use spaces in your password.
  5. Take a moment now to check your email so that you can verify your Oculus account. Click the link in the email we've sent you.



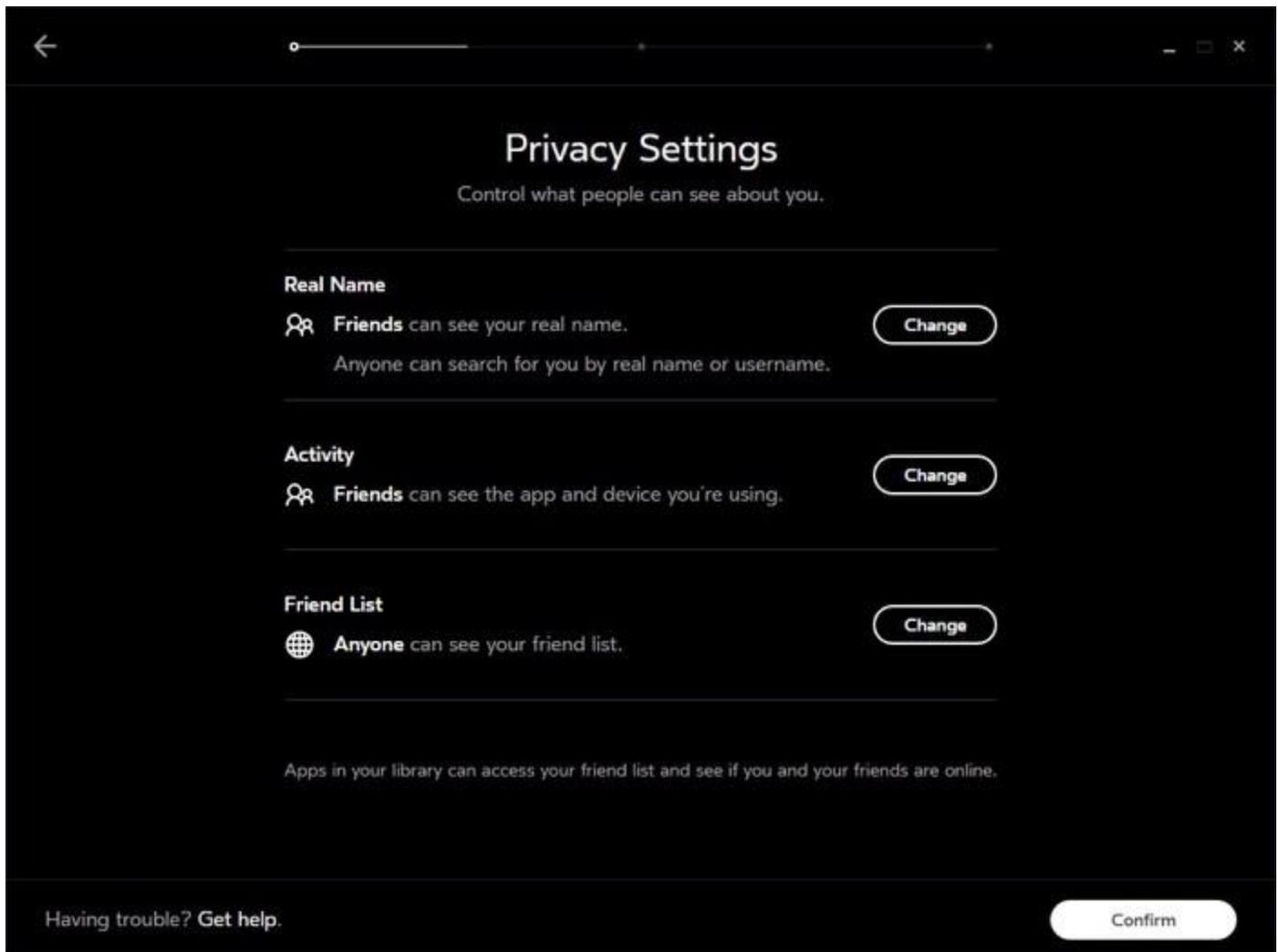
6. After you verify your account, the Oculus screen will automatically be updated. Click Continue.



7. Choose a profile picture. You can upload a photo or choose one of our pre-made avatars.

Note: Your profile picture is public.

8. Resize and confirm your profile picture.
9. Choose privacy settings to control what others see about you in Oculus:



- Real Name – your first name and surname.
- Real Name Search – tick the checkbox to let others search for you by first name and surname.
- Activity – which app you're currently using, as well as whether you're using Rift S or Gear VR.
- Friends List – who you're friends with in Oculus.

## 10. Add a payment method.

Note:

- Although a credit card isn't necessary and some games and apps are free, a valid credit card is required to purchase games and apps. See [Using the Oculus Store](#).
- We accept Visa, MasterCard and American Express.

## 11. Choose a four-digit Oculus PIN. You'll need it to make purchases in the Oculus Store.

Note: Your PIN is different to the Oculus password you chose a moment ago. Use your Oculus password to sign in to the Oculus app and website.

12. Save your PIN.

**Product Specification:**

Model No: DX45JH

Electrical Rating: 5VDC, 900mA

Operating Temperature: 0-35°C / 32-104°F, min. humidity 5%, max humidity 95% RH (non-condensing).

**FCC Compliance Information:**

Equipment Name: VR Headset

SDOC responsible party: Facebook Technologies, LLC.

Company Address: 1 Hacker Way, Menlo Park, CA 94025, USA

Tel No.: 650-853-1300

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

- Consult the dealer or an experienced radio/TV technician for help.

Note: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

### **IC Compliance Information**

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.