

Getting started with your Oculus Go



Setting Up your Oculus Go

[Which phones can I use with Oculus Go?](#)

To set up and connect your Oculus Go to Wi-Fi, you'll need to download the Oculus app on your mobile phone. Oculus Go supports the following phones:

- Any Android phone running software version **6.0 Marshmallow** or higher.
- Any iPhone running software version **iOS 10** or higher.

You can download the Oculus Go app on your supported phone by going to oculus.com/app and following the on-screen instructions.

Notes:

- Your phone must be connected to Wi-Fi and have Bluetooth turned on in order to [set up your Oculus Go](#).
- If you install the Oculus app on an unsupported device, you may experience issues with setting up your Oculus Go.

[How do I download the Oculus app for Oculus Go?](#)

Before you set up your Oculus Go headset, download the Oculus app on your [mobile phone](#) to get started.

To download the Oculus app:

- Using the [supported phone](#) you'd like to download the Oculus app on, go to oculus.com/app and follow the on-screen instructions.

If you're experiencing issues with downloading the Oculus app, make sure that you are using [a supported phone](#), then try downloading the app from the Google Play Store or App Store by searching for **Oculus**.

[How do I set up my Oculus Go headset?](#)

Unboxing your Headset



Before you begin setting up your Oculus Go headset, remove all items from the box to make sure that you aren't missing anything.

The following items should be included in your Oculus Go box:

- Oculus Go Headset
- Oculus Go Controller
- Microfibre Cleaning Cloth
- Controller Lanyard
- USB Charging Cable

- Glasses Spacer
- Health and Safety Guide
- AA Battery

Before you connect your Oculus Go headset:

- [Connect the packaged lanyard to your Oculus Go controller.](#)
- If you plan on wearing glasses while using your Oculus Go, [insert the glasses spacer into your headset.](#)

Connecting and Pairing your Headset

When you're ready to start using your Oculus Go headset for the first time:

1. Plug the charging cable into your Oculus Go headset and a power source to begin charging it. The charging indicator will turn green once it is fully charged.
2. [Download and open the Oculus app](#) on your iPhone or Android phone.
3. Follow the on-screen instructions to connect your phone to your headset and [your headset to your Wi-Fi network.](#)
4. Continue with the on-screen instructions to [pair your controller with your headset.](#)
5. For the best experience, wait until your Oculus Go Headset is fully charged before wearing it.

Wearing your Headset

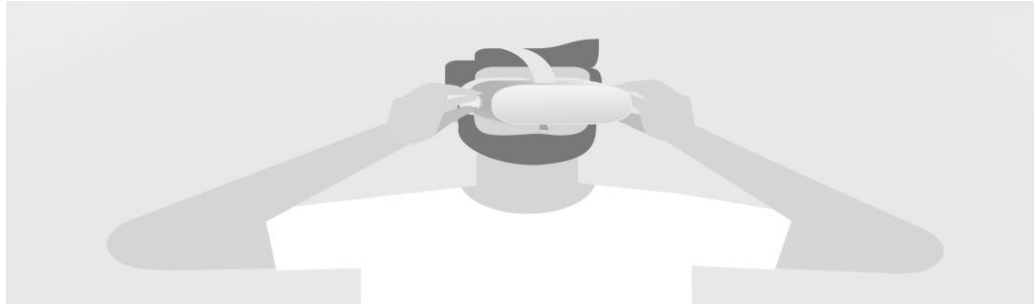
To put your headset on:



1. Loosen the **side straps** and then the **top strap**.

- Be gentle when pulling or adjusting straps. If the side straps disconnect from your headset, [you can reattach them](#).
- 2. Starting from the back, put your headset on.
 - If you're wearing glasses, put the headset on from the front first.
- 3. Tighten the **side tabs**, then the **top strap**.
 - Make sure that the straps aren't too tight. The headset should fit comfortably and shouldn't apply too much pressure on your face and head.

To adjust your view:

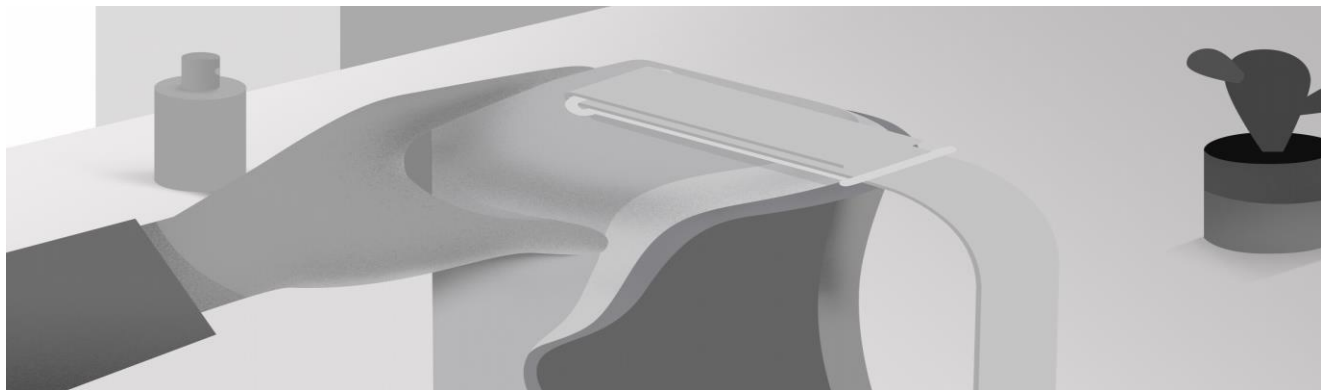


- With your hands holding both sides of your headset, slowly move your Oculus Go up and down until the picture is clear and the headset feels comfortable.
- If you wear glasses, [learn more about prescription lenses](#) for your Oculus Go, or [insert the glasses spacer](#) into your Oculus Go headset prior to using it.

[Where do I find the serial numbers for my Oculus Go?](#)

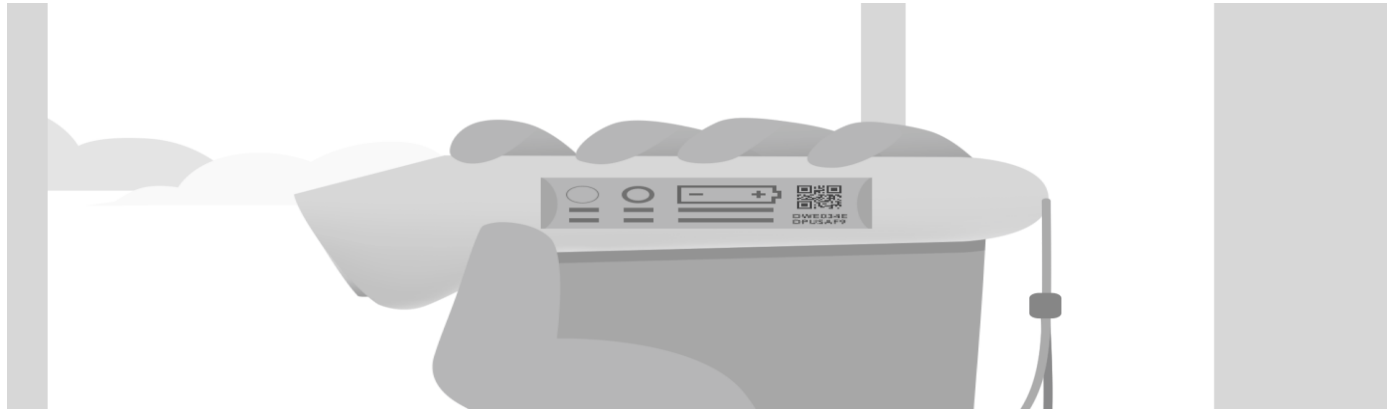
You can find the serial number for your Oculus Go, as well as individual serial numbers for your headset and the Oculus Go controller. These numbers are useful if [Customer Support](#) is helping you replace an item, or if you are in the process of pairing a device.

To locate the serial number for your headset:



1. On the left-hand side of your headset, find the strap arm underneath the adjustable strap.
2. Carefully loosen and lift the strap to expose the strap arm.
3. Find the 14-digit serial number written in the bottom-left section of the strap arm.

To locate the individual serial number for your controller:



1. Carefully remove the battery cover of your controller by lightly pulling at the bottom half of the controller until it comes loose.
2. Remove the battery from the controller.
3. Find the 14-digit serial number on the inside of your controller battery compartment.

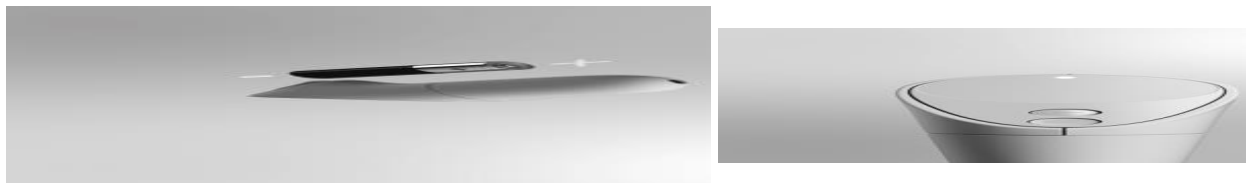
To locate the serial number for your Oculus Go package:

1. On the outside of your Oculus Go box, look for a small white sticker marked with a barcode.
2. Under the barcode, find **S/N**, followed by the 14-digit serial number.

[How do I use the Oculus Go controller?](#)

The Oculus Go controller is a motion controller you can use to interact with apps and games on your Oculus Go. Before you can start using the controller, you'll need to [download the Oculus app](#), [connect your headset to Wi-Fi](#) and pair the controller with your Oculus Go.

To pair your controller:



1. [Download the Oculus app](#) and follow the on-screen instructions to [connect your Oculus Go to Wi-Fi](#).
2. Insert the included battery into your controller, then tap **Continue** in the Oculus app.
3. Hold the **Oculus** and **Back** buttons on your controller until the controller LED blinks and then lights up.
4. In the Oculus app, tap **Left** or **Right** to choose which hand you'd like to use, then tap **Continue** to finalise the pairing.
 - You can change which hand you'd like to use by selecting **Handedness** from the controller settings menu in the Oculus app.

Once you've paired your Oculus Go controller, the controller will automatically connect to your headset each time you turn it on, if it's nearby.

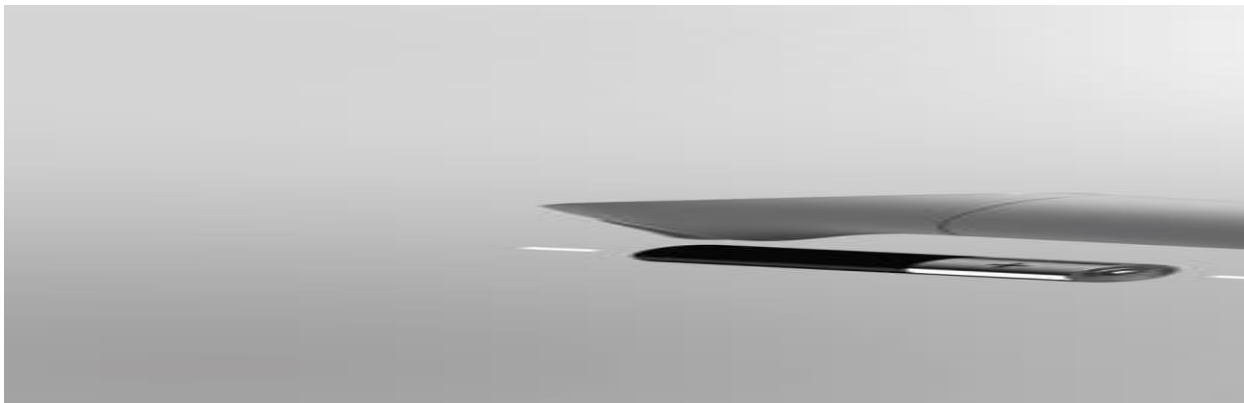
To unpair your controller:

1. Open the Oculus app on your phone.
2. Tap **Settings** from the bottom menu.
3. Tap the headset you currently have paired.
4. Tap **Controller**, then tap the controller you currently have paired.
5. Tap **Unpair Controller**.

Once your controller has been paired, you can use your controller to interact with apps and games. Using the buttons on your controller, you can do the following:

- **Trigger:** Press to select things
- **Touchpad:** Press to select things or swipe to browse
- **Back button:** Press to go back to the previous screen or menu
- **Oculus button:** Press to go back to Oculus Home or press and hold to reset your controller orientation
- Press any button to wake the controller after you've turned on your headset

To remove the battery from your Oculus Go controller:



[How do I wear glasses while using my Oculus Go?](#)

If you're looking for information on prescription lens inserts for your Oculus Go, visit [FramesDirect](#) to learn more.

Before you wear your Oculus Go with glasses, check to make sure that the width and height of your frames match the following measurements:

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

Once you've made sure that your glasses are the right size, insert the eyeglass spacer into your Oculus Go headset to provide a larger fit.

To insert the eyeglass spacer:

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 upwards 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



so that the glasses logo is towards the top of your headset, and gently press the spacer in place.

- When the eyeglass spacer 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.

To put on your headset with glasses:

1. Loosen the side and top straps on your headset.
2. Starting from the front, put your headset on over the top of your glasses.
3. With the headset on your head, tighten the side straps and then the top strap to secure the headset.

To take off your headset with glasses:

1. Loosen the side and top straps.
2. With both hands, pull the headset forwards, then take it off.

Note: If your glasses don't fit in the headset or the lenses of your glasses touch the Oculus Go lenses, we recommend taking off your glasses while using your Oculus Go or considering using [prescription lenses](#).

[How do I attach the lanyard to my Oculus Go controller?](#)

The included lanyard is used to secure the Oculus Go controller to your wrist during use.

To connect the lanyard to your Oculus Go controller:

1. Remove the battery cover of your controller by lightly pulling at the bottom half of the controller until it comes loose.
2. Insert the packaged battery into your controller so that the positive end is facing the bottom of the controller.
3. String the lanyard through the small hole at the bottom of the battery cover.
4. Take the end of the lanyard that has been strung through the battery cover and attach it to the small peg at the base of your controller.
5. Slide the battery cover back over the base of your controller.
6. Push firmly until the battery cover clicks in place.
7. Ensure that the lanyard is securely connected to the controller before using.

[What do the different lights mean on my Oculus Go headset and controller?](#)

Depending on the colour and whether they're solid or blinking, the lights on your Oculus Go headset and controller will indicate the following:

Headset

Colour	State	Indication
Red	Solid	Low battery (less than 15%)
White	Solid	Screen is on
White	Blinking	Oculus Go is rebooting
Blue	Blinking	Connecting to app
Purple	Blinking	Factory reset
Orange	Solid	Headset is starting up

Headset is plugged in

Green Solid Battery is charging (above 95%)

Orange Solid Battery is charging (below 95%)

Controller



The Oculus Go controller will blink and then light up when you are [pairing your controller](#).

[How do I turn my Oculus Go off?](#)

To turn off your Oculus Go headset:

1. With your Oculus Go headset on, press and hold the power button until you see a shut-down menu in VR.
2. In the shut-down menu, select **Power Off**.