

Getting Started With Your Oculus Go



Setting Up Your Oculus Go

Which phones can I use with 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 onscreen instructions.



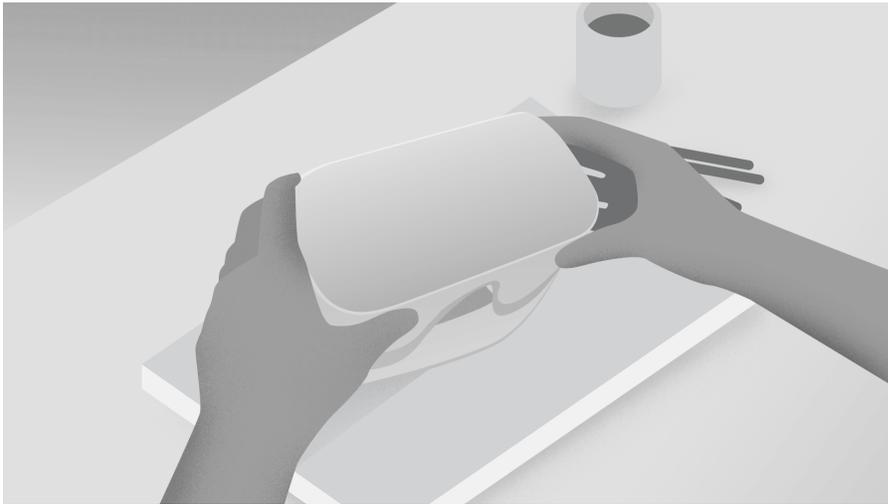
If you're experiencing issues downloading the Oculus app, make sure you are using [a supported phone](#), then try downloading the app from

Yes No

Permalink

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 you aren't missing anything.

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

- Oculus Go Headset
- Oculus Go Controller
- Glasses Spacer
- Microfiber Cleaning Cloth
- Controller Lanyard
- Health and Safety Guide
- USB Charging Cord
- 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.](#)



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

1. Plug the charging cord 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 WiFi network](#).
4. Continue through the on-screen instructions to [pair your controller with your headset](#).
5. For an optimal 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.



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.

Was this answer helpful?

Yes No

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Where do I find the serial numbers for my Oculus Go?

How do I use the Oculus Go controller?

How do I wear glasses while using my Oculus Go?

How do I attach the lanyard to my Oculus Go controller?



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How do I turn my Oculus Go off?

What charger should I use with my Oculus Go?

How do I change my environment on Oculus Go?

Additional Help

How do I set up a gamepad with Oculus Go?

I'm having trouble connecting or pairing my Oculus Go controller.

How do I use the toolbar menu in VR on Oculus Go?

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