Mixed Reality applications for Meta Quest headsets – installation instruction

Install an APK on Meta Quest 2/3/Pro with SideQuest

What you need
- A Meta Quest 2, Quest 3 or Quest Pro headset
- A USB-C cable (use the one from the box or any good data cable)
- A Windows/Mac/Linux computer
- SideQuest Desktop (download from sidequestvr.com)

1) Turn on Developer Mode (required)
1. Create/convert to a **Meta developer account** (free). If asked, **create an Organization** and accept the terms.
2. On your phone, open the **Meta Quest** app:
   - Go to **Menu → Devices →** select your headset
   - Tap **Headset Settings → Developer Mode**
   - **Toggle Developer Mode ON**
3. **Reboot** the headset (power off, then on).

If you don't see the Developer Mode toggle, you still need to finish the **Organization** setup in your developer account. Do that first, then return here.

2) Install SideQuest on your computer
1. Install **SideQuest Desktop**.
2. **Windows only:** if prompted, install the **ADB/USB drivers** (SideQuest can install them for you). On macOS/Linux, no extra drivers are needed.

3) Connect the headset to SideQuest
1. Put your Quest on, then **connect the USB-C cable** to your computer.
2. Inside the headset, you'll see two prompts:
   - **Allow data access? → Allow**
   - **Allow USB debugging? → Always allow from this computer → OK**
3. In SideQuest (on your computer), the **status dot turns green** and says **"Connected"**.

If it stays pink/red, re-plug the cable, try a different USB port/cable, or reopen SideQuest. On Windows, re-run the driver install from SideQuest if needed.

4) Install (sideload) the APK

- **Easiest: Drag & drop** the .apk file onto the SideQuest window.
- Or click the **"Install APK file from folder"** button (down-arrow with a box) and pick your APK.
- Watch the log/status bar—when it says **"APK file installed successfully"**, you're done.

5) Launch the app on the headset

1. Put on your Quest and open the **App Library**.
2. Change the filter/drop-down to **Unknown Sources**.
3. Find your app and **launch** it.

Sideloaded APKs show up under **Unknown Sources**. App Lab installs show in the normal library.

Optional: Install over Wi-Fi (after you've done USB once)

1. With the headset already set up (USB debugging allowed), open SideQuest and enable **Wi-Fi (ADB over Wi-Fi)**.
2. Follow the on-screen steps to connect; then you can install APKs wirelessly from SideQuest.

Quick troubleshooting

- **SideQuest can't see the headset:** Make sure **Developer Mode is ON**, accept **USB debugging** (check *Always allow*), try another USB cable/port, restart headset and SideQuest.
- **Windows driver issues:** In SideQuest, use **"Install Drivers"** again, then reconnect.
- **App not in Library:** Check **App Library → Unknown Sources**.
- **Install failed / wrong CPU arch:** Ensure the APK targets **arm64-v8a** (Quest uses 64-bit ARM).
- **Not enough space:** Free storage in **Settings → Storage** on the headset and reinstall.