

MANUAL

How to cast from your Oculus Quest headset and smart phone



Before casting, make sure that your Oculus Quest and Chromecast device are connected to the same Wi-Fi network.

Casting from your Oculus Quest headset and phone:

1. Turn on your Oculus Quest headset and put it on.
2. From the Universal Menu, select Sharing.
3. Select Cast from the Sharing menu.
4. Select Oculus app from the list of devices you want to cast to, then select Next.
5. Select Start from the in-VR prompt.
6. On your phone, select the notification to open the Oculus app and begin casting.
 - If you already have the Oculus app open on your phone, select Start Casting from the in-app prompt.

Casting from your Oculus Quest headset to casting-enabled devices:

1. Turn on your Oculus Quest headset and put it on.
2. From the Universal Menu, select Sharing.
3. Select Cast from the Sharing menu.
4. Choose the device you want to cast to.
5. Select Start from the in-VR prompt.

Casting from the Oculus app on your phone:

1. Open the Oculus app on your phone.
2. Select  from the top-right of your screen.
3. Under Cast From, select the headset you'd like to cast from.
 - Make sure that it says Connected under your listed headset.
4. Under Cast To select This Phone or the Chromecast device you want to use.
5. Tap Start at the bottom of your screen, put on your headset and accept the in-VR prompt to start casting.

A red dot in the top-right corner of your view in VR will indicate that you've started casting. You can stop casting from within VR or the Oculus app by selecting the back button in the top-left of your casting screen.

For some, the red dot can be distracting or annoying. To disable the red dot, go to the Device section of Quest's in-VR settings and scroll all the way to the bottom to Video Capture Indicator to disable it. You'll now be able to cast to a TV/Smart phone or record with no red dot.

To stop casting from your Oculus Quest headset:

1. Select Sharing from the bottom menu.
2. Select Cast from the sharing menu.
3. Select Stop Casting from the in-VR prompt.

You can watch a tutorial on how to cast from your Oculus Quest [here](#).

Notes:

- You may experience issues with casting and recording simultaneously.
- Casting will automatically return you to the Home screen in VR. Once you've started casting, you'll need to return to the app or experience you were originally in prior to casting.
- Exiting or minimising the Oculus app will interrupt casting.
- Casting may increase battery usage or degrade in-app performance.