

Hidden No More: Meta Quest 2 Setup Instructions

CONTENT RECENT AS OF NOVEMBER 11, 2025

1. Create a Meta Horizons Account

meta.com/help/quest/1336626146870772/?srsltid=AfmBOop_aryYym9DAR76WGHZr6PjGSKqFOcXAQs9YCWg-dfCDfHdE0DY

Accounts can be created with just a birthday. They can be connected to any email and do not require other accounts (Facebook, Instagram, etc). For full functionality, install the Meta Horizon app on a Mobile device such as a cell phone or iPad. The app is used to pair the Meta Quest 2 headsets with the account.

VIDEO TUTORIAL

Watch a step-by-step guide to creating a Meta Horizons account:

youtube.com/watch?v=UdVvzGmxXFk

2. Verify Accessible WiFi Network

Ensure there is an accessible WiFi network that can be logged into with a simple password. Avoid networks that require web login or verification pages. A mobile hotspot from a cell phone connected to a secure WiFi system works well if public WiFi is unavailable or slow.

VIDEO TUTORIAL

Learn how to connect your Meta Quest 2 to WiFi and troubleshoot network issues:

youtube.com/watch?v=_p4Yh2-5PsM

3. Factory Reset the Meta Quest 2 Headsets

Follow the instructions at:

meta.com/help/quest/149134797159340/?srsltid=AfmBOop74VB34DCIX5hy1aloCaBCtJbxYLFUFMUdUPAPV4rTRjeFHtRO

Ensure the headset is fully charged before starting. Make sure the controllers have working batteries as they are needed to navigate the initial screens. During the reset process, you will need to connect the headset to your account using the app. Once connected, link the headset to the WiFi network. It will download updates and push updates to the controllers. This process can take 5-20 minutes depending on the network speed and can be left unattended.

VIDEO TUTORIAL

Follow this tutorial to factory reset your Meta Quest 2 headset:

youtube.com/watch?v=TynTpZbSnTM

4. Verify Hand Tracking is Enabled

Check that hand tracking is enabled by following the instructions at:

meta.com/help/quest/290147772643252/?srsltid=AfmBOoqdCHoiluUiT7rJBBPyuwSeuWogmdgaFt01UDPXbFqoBa-8WjFK

VIDEO TUTORIAL

See how to enable and use hand tracking on your Meta Quest 2:

youtube.com/watch?v=Yveg_dqBs34

5. Install Hidden No More App

Using the Store on the headset or mobile device, search for and install the Hidden No More app: meta.com/experiences/4010612799016609/

VIDEO TUTORIAL

Watch how to install apps from the Meta Quest Store: youtube.com/watch?v=ZBSiZ5Pcjjg

6. Disable WiFi to Save Battery

Disable WiFi in the headset to save battery and avoid any extra updates while using.

VIDEO TUTORIAL

Learn how to disable WiFi and enable battery saver mode:

youtube.com/watch?v=RLkMOoyRVpQ