# Getting Started with your Oculus Rift S

## How do I install the Oculus app on my PC?

To set up your Oculus Rift S or Rift, you'll need to download the Oculus app on your PC. Before you install the Oculus app, check to make sure that your hard drive has sufficient disk space.

When you install the Oculus app on your computer, it'll install on the C: drive. If you want to install the app on a different system drive [follow this support article](#) for additional instruction.

To download and install the Oculus app on your computer:

1. Go to [www.oculus.com/setup](http://www.oculus.com/setup) and click **Download Oculus Rift Software**.
2. Open the Oculus app and click **Install Now**.
3. Follow the on-screen instructions to create an Oculus account and set up your Rift S or Rift.

## How do I set up and adjust my Oculus Rift S headset?

Before you get started, make sure your Rift S and PC firmware and software are [up to date](#).

## Plug in your headset

Your Oculus Rift S uses USB 3.0 and DisplayPort connectors to connect to your computer. We've listed the different options that you can and can't use to connect your Rift S below:

Supported Connections

- **DisplayPort Connection:** You can connect your Oculus Rift S to any DisplayPort port that is directly connected to a discrete GPU.
- **Mini DisplayPort Connection:** You can connect your Oculus Rift S to any Mini DisplayPort port that is directly connected to a discrete GPU using the mDP → DP adapter included with your Rift S.

Unsupported Connections

- **Mini DisplayPort Connection with third party adapter:** Currently, the only mDP → DP adapter certified to work is the one provided with your Rift S. If other adapters are used, we cannot guarantee functionality or performance.

- **HDMI Connection with third party adapter:** Currently, there are no known adapters that will work from HDMI → DP. If this changes, we'll update this article to include any supported adapters. Until then, we don't recommend trying to use Rift S with any PC or laptop that does not have a DisplayPort port or Mini DisplayPort port.

- **USB Type-C Connection with third party adapter:** Currently, we cannot make any recommendations for USB-C → DP. If this changes, we'll update this article to include any supported adapters.

- **In order to ensure basic functionality, any display port used to connect Rift S needs to be directly connected to a discrete GPU.**

## Set up your headset software

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## Fit and adjust your headset

Put on your headset and make sure it fits comfortably.

1. Adjust the velcro top strap until the Rift S sits comfortably on your head.
2. Rotate the fit wheel to adjust the tightness of the halo band.
3. If you're wearing glasses, put the headset on from the front first.
4. Press the depth adjustment button on the bottom of the headset to adjust the lenses in or out for more clarity and a comfortable fit over glasses.

## How do I set up my Touch controllers for my Oculus Rift S?

If you're setting up your Oculus Touch controllers for the first time, follow the on-screen instructions during the setup process.

**To add your Touch controllers from your settings**:

1. Open the Oculus app on your PC computer.
2. Select **Devices** in the left menu.
3. Under **Rift S and Touch** click **Pair Device** and then select **Pair Touch.**
4. Follow the on-screen instructions to add your Touch controllers.

## How do I check the status of the Oculus Rift S or Rift devices I've connected?

Checking the Status of Your Devices

You can check the status of the Oculus Rift S or Rift devices you've connected in your settings.

**To check the status of all the devices you've connected**:

1. Open the Oculus app on your computer.
2. Select **Devices** in the left menu to check the status of your devices.

Reconnecting Your Devices

If you ever need to reconnect your devices, you can add them individually or run a full setup.

**To reconnect your devices**:

1. Open the Oculus app on your computer.
2. Select **Devices** in the left menu.
3. If you see the device that you want to reconnect, click on it and follow the onscreen instructions.
- If you don't see the device that you want to reconnect, click **Add Headset**.
4. Follow the on-screen instructions to set up your devices.

Checking Your Battery Levels

You can check the Battery Levels of Oculus Touch Controllers you've connected in your settings.

**To check your battery levels:**

1. Open the Oculus app on your computer.
2. Select **Devices** in the left menu and then look for the battery level below each Touch controller.