

Meta Quest Pro

Our most powerful VR headset. Discover truly immersive teamwork with increased comfort, high definition mixed-reality passthrough and more natural facial expressions.



Premium Comfort

World class counter balanced ergonomics meets sleek design to create a more comfortable headset.

Flexible levels of Immersion Accommodated IPD Range: 55 - 75 mm, with continuous IPD adjustment for better visual clarity and less eye strain. From fully open peripheral vision, to partial blocked (included) or fully immersed (accessory) VR immersiveness is no longer a one size fits all.

More Natural Avatar Expressions

Bring your personality to VR with avatars that mimic your natural facial expressions, so you can be fully present in meetings.

Multi-tasking Made Easy

Pop open multiple resizable screens, work on new ideas, stream your feeds, or message with your team. With this new superpower, multitasking has never been easier.

Next Generation Optics

You'll immediately notice better visual clarity. We slimmed down the optical stack by over 40% compared to Quest 2 using our innovative patented pancake lens and optics technology, which works by folding light inside the optical module. Advanced VR LCD display technology that provides 37% greater pixels-per-inch. And 1.3x larger color gamut that provides more vibrant colors to deliver a more engaging VR experience.

Backwards Compatibility

Take full control of your favorite apps. Access the Meta Quest 2 app catalog to enjoy your favorite apps.

High Performance Hardware

10 advanced VR/MR sensors, spatial audio, 256GB storage, 12GB RAM, and a Snapdragon XR2+ processor that delivers 50% more power for better performance.

Transformative Mixed Reality

Full-color mixed reality, with resolution 4X higher compared to Quest 2, lets you work, create and collaborate in the virtual world while staying present in the physical world.

Comes with Charging Dock

A companion charging dock, with rapid USB-C power adapter, keeps your headset and controllers charged so when creativity strikes, you'll be ready to bring your ideas to life.

Meta Quest Touch Pro Controllers

Includes 3 cameras and a Snapdragon 662 mobile processor per controller, for 360-degree range of motion in your virtual space. TruTouch haptic feedback, and precision pinch create a more intuitive VR feel.



Meta Quest Pro and Meta Quest Touch Pro Controllers Tech Specs

Product Dimensions	265mm (L) x 127mm (H) x 196mm (W)				
Computer	Snapdragon XR2+	RAM 12GB	Storage 256GB	WiFi and Bluetooth <ul style="list-style-type: none">• WiFi 6E enabled• Bluetooth 5.2. Not enabled for audio	
Display	Panel 2 x LCD panels with local dimming backlight and Quantum Dot technology	Resolution 1800x1920 pixels per eye	Refresh 90Hz max, 72Hz also supported		
Optics	Pancake lens and optics technology	IPD Accommodated IPD Range: 55 - 75 mm, with continuous IPD adjustment for better visual clarity and less eye strain	Tracking Features 10 advanced VR/MR sensors to support 6 degrees of freedom inside-out SLAM tracking, as well as color mixed reality and eye/face tracking		
Audio	Integrated speakers and microphone; also compatible with 3.5mm earphones via twin left/right jacks. Spatial audio support included.				
Hardware	Color Black		Weight 722 g with premium counter-balanced ergonomic design		
Charging	45W USB-C power adapter	2M charging cable			
Controllers	Dimensions 130 x 70 x 62mm	Weight 153g (per controller)	Processor Qualcomm Snapdragon 662 mobile processor per controller	Controller Tracking SLAM with 3 camera sensors per controller	Rechargeable Batteries Compatible with the included Charging Dock
Package contents	<ul style="list-style-type: none">• Meta Quest Pro Headset• 2 Meta Quest Touch Pro Controllers• Charging Dock• USB-C Power Adapter• Controller Charging Cable• Charging Cable• 2 Stylus Tips• 2 Partial Light Blockers (L&R)• Cable clip• Protective Cover• Cleaning Cloth• 2 Wrist Straps				
MSRP	\$1,499.99 USD				
Part Number	899-00412-01				