



Sideload Apps on Oculus Quest

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What is sideloading?



Your Oculus Quest VR headset doesn't need to be limited by what's available on the Oculus store.

Sideloading is the process of uploading software to your device locally, as opposed to downloading from that platform's officially curated store – in this case the platform is **Android** and the store is **Oculus**. Once enabled, sideloading will allow you to run experimental, custom, & otherwise unreleased applications in the **.apk** format.

This guide will show you how to sideload apk files using **Sidequest** – a streamlined app designed specifically for sideloading on the Quest. A less feature-rich sideloading experience is possible using [Android Debug Bridge \(https://adafru.it/lbt\)](https://adafru.it/lbt) or [Android File Transfer \(https://adafru.it/lbu\)](https://adafru.it/lbu).

Warning

Sideloaded any content considered **abusive** under Oculus' [Content Guidelines \(https://adafru.it/lbv\)](https://adafru.it/lbv) could result in your account being banned or otherwise restricted by Oculus. Oculus defines abusive sideloaded content as:

- Content that appears to be infringing, copied, or pirated; or
- Content that contains malicious code; or
- Mods of applications available on or through our platform that appear to infringe on third party's intellectual property rights, introduce malicious code, give players an unfair advantage, or are otherwise not approved; or
- Used software or other tools to extract assets or content (videos, music, etc.); or Violated other Oculus Terms of Service, Code of Conduct, or other Oculus policies.

Refer to the [full guidelines \(https://adafru.it/lbv\)](https://adafru.it/lbv) for more details.

What you'll need

- Oculus Quest
- Computer running Windows, macOS, or Linux
- The Android or iOS device you use to set up and control your Quest
- USB cable

The **USB-C cable** included with the Oculus Quest can be used to sideload from your computer. If your computer lacks a USB-C connection, you'll need a **USB-C to USB-A** cable or adapter like this one:



USB A to USB C Adapter

\$2.95
IN STOCK

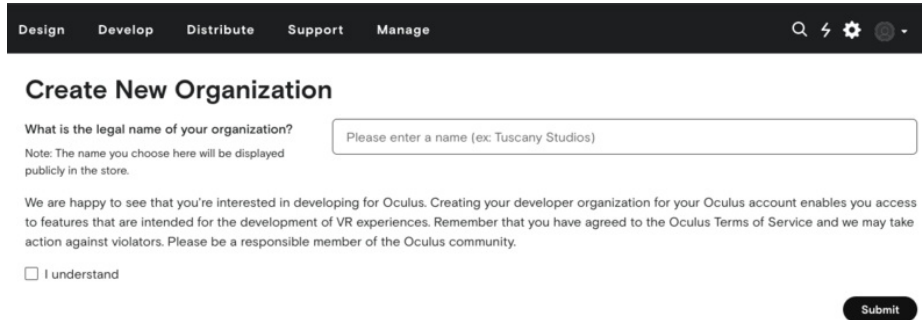
Add To Cart

Enable developer mode

Before you can do any sideloading, you'll need to enable **developer mode** on your Oculus account and your Quest.

Register as a developer

In a browser, go to [this page \(https://adafru.it/lee\)](https://adafru.it/lee) and log into your Oculus account.

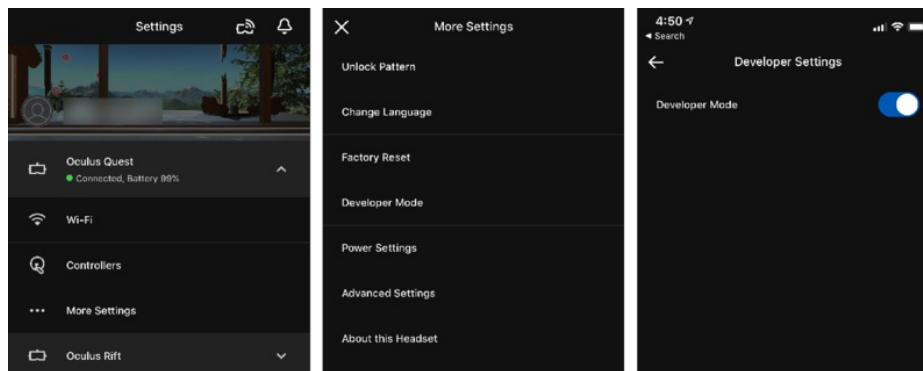


The screenshot shows the 'Create New Organization' page. At the top, there is a navigation bar with links for Design, Develop, Distribute, Support, and Manage. Below the navigation bar, the main heading is 'Create New Organization'. A text input field is labeled 'Please enter a name (ex: Tuscany Studios)'. Below the input field, there is a note: 'What is the legal name of your organization? Note: The name you choose here will be displayed publicly in the store.' A paragraph of text follows, explaining that creating a developer organization enables access to VR development features. At the bottom, there is a checkbox labeled 'I understand' and a 'Submit' button.

Enter a **name for your organization** in the text field and click **Submit**. Don't worry - you can always change this name later if you decide to develop & publish apps to the Oculus store.

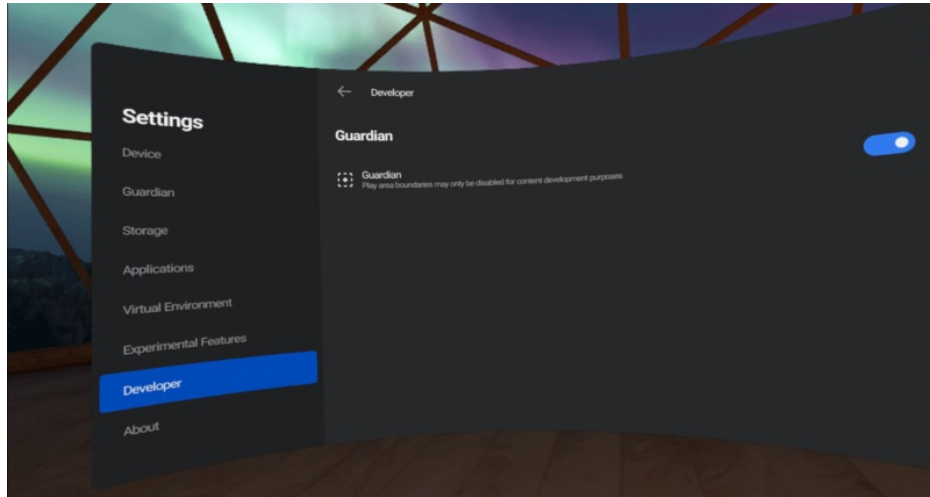
Enable Developer Mode on Quest

Turn on your Quest headset and open the **Oculus app** on the Android or iOS device you used to set up your Quest.



Follow these steps to enable Developer mode on your Quest:

1. Tap **Settings** (bottom-right)
2. **Select** your connected Quest from the device list and connect to it
3. Tap **More Settings** which appears below your Quest in the device list
4. Tap **Developer Mode**
5. Tap the **switch** to enable developer mode
6. Exit Settings on the app & **reboot your Quest** using the right-side power button



After your Quest reboots, developer mode should be enabled. You can confirm this by checking for the **Developer** category in the Quest's **Settings** menu as seen above.

Install and Use Sidequest

Sidequest is a desktop app for **Mac/Windows/Linux** which allows you to browse and install content on your Quest via sideloading. Follow the steps below to install it on your computer and set it up for use with your Quest.

Download & install

Go to the [Sidequest download page \(https://adafru.it/lef\)](https://adafru.it/lef) and click the button to download Sidequest for your operating system.

<https://adafru.it/lef>

<https://adafru.it/lef>

Open the downloaded file and **run the installer**. The installation process includes all the **drivers** needed for transferring files to your Quest.

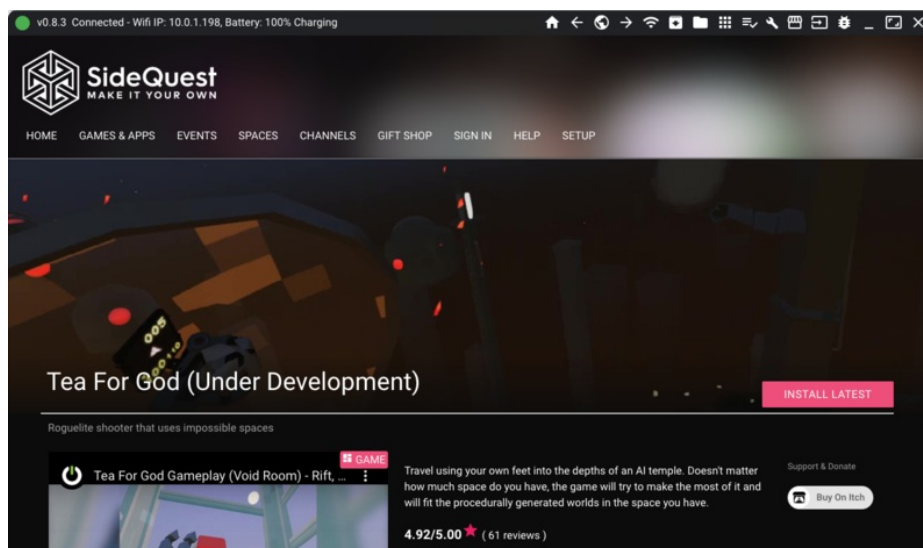
Enable USB debugging

Next, we'll tell the Quest it's OK to connect to your computer:

1. **Open** the Sidequest app on your computer
2. **Connect** the Quest to your computer via USB cable.
3. Put on the Quest headset – you should see a window open asking you to **Allow USB debugging**.
4. Check the box labelled **Always allow from this computer** and click **OK**

Your Quest and computer are now set up for sideloading using the Sidequest app.

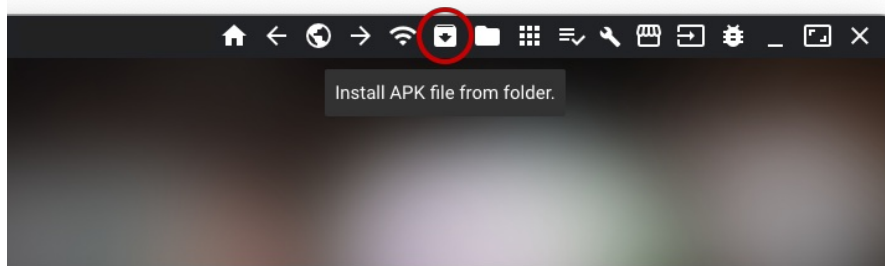
Install a featured app



To install one of the apps **featured** in Sidequest:

1. Click the app's thumbnail image or title
2. Click **Install Latest** on the app's page.

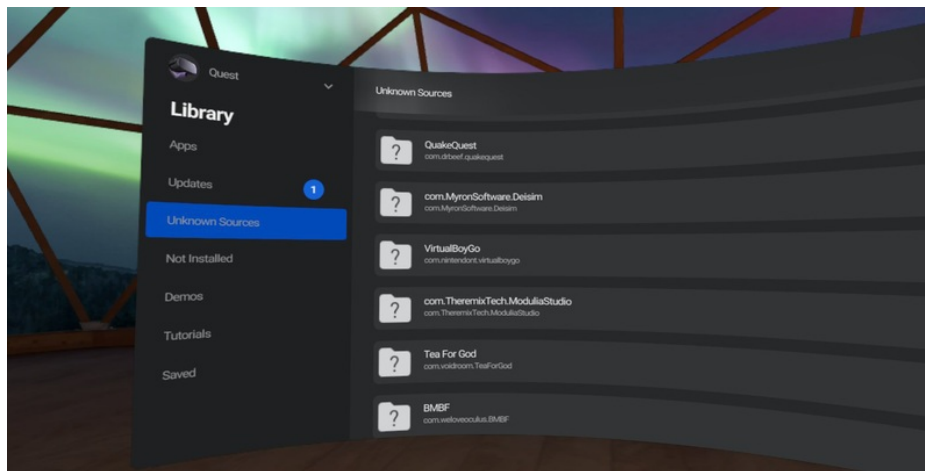
Install a custom apk



To install any other apk file:

1. Click the icon showing an **arrow inside a box** at the top of the Sidequest window.
2. Choose your apk from the window that opens

Launch apps on Quest



To launch a sideloaded .apk file on your Quest:

1. From your Quest headset, go to **Library -> Unknown Sources**
2. **Click** the app you want to launch from the list on the right

