

Requirements to use Meta Quest Link

If you'd like to use Meta Quest Link to connect your Meta Quest headset to a PC, please start by reviewing the compatibility requirements.

Cable Requirements

Link requires a high-quality USB cable capable of supporting data and power. You'll also want to make sure that the USB cable is at least 3 meters (10 feet) for an optimal and comfortable experience.

Where can I buy a cable?

You can purchase the branded Link cable from the [Meta Quest Accessories](#) page.

You can also use a third-party cable. While quality can vary across third-party cables, we've tested the Anker cable internally with good results.

PC Requirements

The following table lists the current PC requirements for Link.

Component	Recommended Specs
Processor	Intel i5-4590 / AMD Ryzen 5 1500X or greater
Graphics Card	See GPU tables below
Memory	8 GB+ RAM
Operating System	Windows 10, Windows 11
USB Ports	1x USB port

Supported GPUs for Link

NVIDIA GPU	Supported	Not Currently Supported
NVIDIA Titan Z		X
NVIDIA Titan X	X	

NVIDIA GeForce GTX 970	X	
NVIDIA GeForce GTX 1060 Desktop, 3GB		X
NVIDIA GeForce GTX 1060 Desktop, 6GB	X	
NVIDIA GeForce GTX 1060M		X
NVIDIA GeForce GTX 1070(all)	X	
NVIDIA GeForce GTX 1080(all)	X	
NVIDIA GeForce GTX 1650		X
NVIDIA GeForce GTX 1650 Super	X	
NVIDIA GeForce GTX 1660	X	
NVIDIA GeForce GTX 1660 Ti	X	
NVIDIA GeForce RTX 20-series (all)	X	
NVIDIA GeForce RTX 30-series*	X	

***Please Note: NVIDIA 3050 (laptop) and 3050ti GPUs are not recommended for use with Link.**

AMD GPU	Supported	Not Currently Supported
AMD 200 Series		X
AMD 300 Series		X
AMD 400 Series	X	
AMD 500 Series	X	
AMD 5000 Series	X	
AMD 6000 Series**	X	
AMD Vega Series	X	

****Please note: the Radeon RX 6500 is not recommended for use with Link.**

Keep in mind, if your card isn't listed as Supported, we can't guarantee compatibility.

Software Requirements

To use Quest Link, you need to download the Desktop app listed under **Air Link and Link Cable**, onto a PC (non-mac) computer. Once you've downloaded the PC app, make sure that the app is up to date and your Meta Quest headset is running the latest operating system. More information on setup can be found in [Setting up your Meta Quest with Link.](#)