



# Apple Vision Pro

## User Manual

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## Connecting the Battery


1. Insert the power cable into the power connector located on the left audio strap, with the cable angled slightly upward. Align the dot on the power cable with the white outline dot on the audio strap. °
2. Turn the cable clockwise until it locks. Once the connection is successful, the light will start flashing and the Apple Vision Pro will power on. °
3. While wearing Apple Vision Pro, keep the battery in a comfortable place nearby. Do not sit with the battery in your back pocket, and avoid placing it near external heat sources.


## Powering On and Wearing the Device

1. Rotate the dial on the headband to adjust the fit.
2. Hold the Apple Vision Pro with both hands—one hand on the aluminum frame and the other on the headband.
3. Place the device on your face, then slide the headband over the back of your head and adjust the dial for a secure fit.
4. Press the top-left button to power on.
5. Follow the on-screen instructions to adjust the focus.
6. Enter the password (please consult staff for this).




## 👉 Gesture Controls (see more on [Official User Guide](#))

### 1. Use eyes and hands to navigate

Action	What can I do with this gesture?	Instruction
Tap your fingers together (or simply "tap" )	Select options, open apps	Look at content (like an app icon or button), then <a href="#">tap</a> your index finger and thumb together to select it.
Touch	Type, interact in interactive experiences	Interact with certain elements directly with your fingers. For example, you can touch keys on the virtual keyboard, similar to typing on a physical keyboard.
Pinch and hold	Show additional options, zoom in and out	<p>Pinch and hold your thumb and index finger together. For example, pinch and hold  at the bottom of an app to see additional options (such as to close other apps).</p> <p>You can also pinch and hold with both hands and pull apart to <a href="#">zoom</a> in, or move them closer to zoom out.</p>
Pinch and drag	Move windows, scroll	<p>Pinch and hold to grab a window bar, photos, content, or an object, then drag it wherever you like. For example, you can pinch and drag the window bar of an app, or a shape in a Freeform board.</p> <p>You can also pinch and drag to scroll. For example, in Photos, you can scroll up or down through your</p>

		albums. <a href="#">Swipe</a> to scroll quickly; tap to stop scrolling.
<b>Swipe</b>	Scroll quickly	Pinch and quickly flick your wrist.
<b>Open Home View</b>	See your apps	Look at your palm, then tap  .
<b>Open Control Center</b>	See your battery level, open Control Center	Look at your palm, then flip your hand over. Tap the status bar to open Control Center.
<b>Adjust volume</b>	See the current volume and adjust the volume	Look at your palm, flip your hand over to see the current volume in the status bar, then pinch and drag the volume slider. See <a href="#">Adjust volume on Apple Vision Pro</a> .

## 2. Use the Digital Crown and top button

Action	Instruction
<b>Open <a href="#">Home View</a></b>	Press the Digital Crown.
<b>Recenter your content in your view</b>	Press and hold the Digital Crown.
<b>Adjust immersion or volume</b>	<p>Turn the Digital Crown. You may also need to look at either  or  while turning the Digital Crown. See <a href="#">Adjust volume on Apple Vision Pro</a>.</p> <p>You can also change the default focus when you turn the Digital Crown. Go to Settings  &gt; Digital Crown, then choose Immersion or Volume.</p>
<b>Switch between your surroundings and digital content</b>	Double-click the Digital Crown to switch to a view of your surroundings. To return to your experience, press the Digital Crown once.
<b>Open Capture</b>	Press the top button. See <a href="#">Capture, view, and share spatial photos and videos on Apple Vision Pro</a> .

Capture a still image of your view	Simultaneously press and release the top button and Digital Crown.
Use the Accessibility Shortcut	Triple-click the Digital Crown.
Force quit an app	Simultaneously press and hold the top button and Digital Crown until you see Force Quit Applications, tap the name of the app you want to close, then tap Force Quit.
Turn on	Press and hold the top button until the Apple logo appears on the front display (the power cable light also comes on).
Turn off	Simultaneously press and hold the top button and Digital Crown until the sliders appear (Force Quit Applications will appear first), then drag the top slider to power off. Or go to Settings > General > Shut Down.
Force restart	Simultaneously press and hold the top button and Digital Crown until Apple Vision Pro powers off (Force Quit Applications and the power slider will appear first).

## ► Precautions and resources

1. After using the Vision Pro, please return it to the staff properly.
2. If the battery is low after use, please charge it and inform the staff.
3. Resources



[Apple Vision Pro Official User Guide](#)