

Meta XR Simulator

Keyboard & mouse input bindings — quick reference

[Keyboard and mouse](#)

01 General movement

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Forward	W
Backward	S
Left	A
Right	D
Up	R
Down	F
Rotate Up	↑
Rotate Down	↓
Rotate Left	←
Rotate Right	→
Tilt Left	Q
Tilt Right	E

02 Mouse & session

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Not shown in the bindings panel — these aren't remappable keys.

Look around / change view	Mouse move
Point + Click (ray follows cursor)	Inputs panel
Exit / stop session	Top-left ×

03 Utilities

1

Reset Controller Poses	Space
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04 Quest buttons

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Thumbstick Press	I
A / X	B
B / Y	N
Index Trigger	T
Grip Button	U
Oculus Menu Button	M
Thumbstick Up	Y
Thumbstick Down	H
Thumbstick Left	G
Thumbstick Right	J
Index Trigger Curl	1
Index Trigger Slide	2
Stylus Force	4
Thumb Rest Force	5
Thumb Near Touchpad	6
Trigger Force	7

05 Hand actions

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Default	1
Poke	2
Pinch	3
Grab	4
Thumb Tap	I