



Meta Quest 3 Headstrap Quick Swap Helper



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Summary

If you have more than one strap that you want to swap out for gaming, media or work. Then this would be a solution

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Tags: [adapter](#) [quick](#) [strap](#) [change](#) [swap](#) [headstrap](#)
[quickswap](#) [metaquest3](#) [quest3](#)

Why

I have 3 different head straps for my headset and when changing I am most annoyed by the threading of the overhead strap at the top of the headset. So I came up with a simple solution.

You'll need a little bit of velcro tape for that. I only had 10 mm for my cable ties so I made 3 versions for up to 10mm, up to 16 and for about 25-33 mm wide velcro tape.

Print

0.2 Layer height

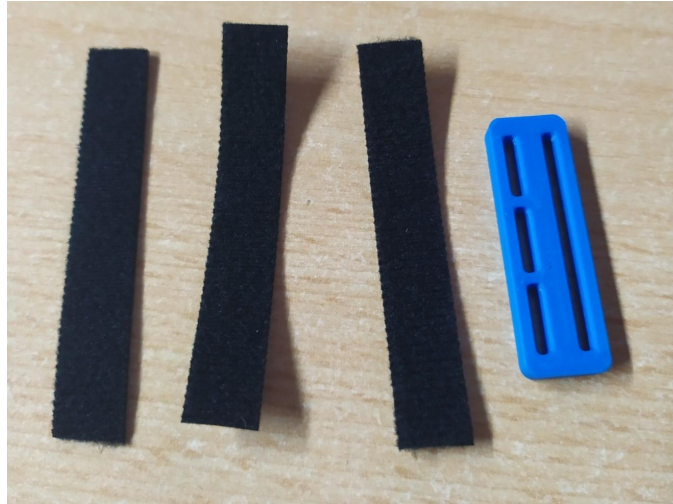
3 Walls

4 Shell density for top/bottom

Infill 25%

Install

I cut the velcro to a length of 6 cm, more is certainly possible, less will be tight. Then I threaded the individual bands on the headset and then put them through my QuickSwap and chained them together.



Now you can use your new found freedom to change your Headstrap with much less effort



Model files



qswap10mm.3mf



qswap16mm.3mf



qswap33mm.3mf

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