

Your first full-body moment



Follow these four pages in order. Your goal is simple: **take a step and turn in front of a VRChat mirror, and see your avatar's body follow you.**

Before starting, have your eight-Tracker kit, a Windows PC, a headset connected to SteamVR and shown as tracked there, access to a **2.4 GHz Wi-Fi** network, and enough clear floor space to stand and take a small step. SteamVR being open by itself is not enough: Excap needs the live headset connection for its SteamVR body-tracking path. Step 1 shows where to install Steam, SteamVR and VRChat if this PC does not have them yet. Keep the PC where you can see Excap Studio while wearing the Trackers.

1. [Check the kit and install Excap Studio](#). You will finish when the Dongle and eight Tracker cards appear in **Device**.
2. [Wear and assign all eight Trackers](#). You will finish when the eight online cards match where you wear them.
3. [Connect the headset camera and check its marker lights](#). You will finish when the camera says **Wi-Fi Online** and Camera View shows the front marker groups.
4. [Calibrate and enter VRChat](#). You will finish when your avatar follows a small step and turn without losing the body for a minute.

If one check fails, use the recovery steps on that page. You can reach the first VRChat body-following moment with IMU tracking while you fix a camera Wi-Fi issue; that path has no camera correction yet. Record exactly which check stopped you so the team can improve the software and guide.

This is a local review draft. The screenshots of connected devices and camera points use scripted example states. The full path still needs a trial with the shipped kit and a first-time user before it can claim a 15-minute setup or independent completion rate.

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