

Welcome

This is the official knowledge base for your **EXCAP full-body tracking system** — everything you need to go from opening the box to dancing in VRChat with full-body tracking. 📖

📖 New Here? Start With Quick Start

The fastest way to get going is the [Quick Start](#) book. Four short pages, about 15 minutes total:

Step	Page	What you'll do
1	Unboxing	Meet your trackers, wear them, label them
2	Download and Install	Install Excap Studio and power on
3	Enter Game and Calibration	Connect to VR and calibrate your body
4	Congratulations and What's Next	Final tips and where to go next

📋 Before You Begin — What You Need

- A **Windows PC** with a free USB port (for the Excap Link dongle)
- Your **VR headset** (PCVR headset, or a standalone headset like Quest / Pico)
- **VRChat** (or another supported game) installed
- Your EXCAP kit and about **15 minutes** 🕒

📖 The Four Books

Book	What's inside
1. Quick Start	Unboxing → install → calibrate → play. Start here!

Book	What's inside
2. Connect EXCAP to Game	Detailed guides for SteamVR, SlimeVR, and standalone headsets
3. EXCAP Settings	Tracking modes, RGB, camera, haptics, and advanced options
4. Troubleshooting & FAQ	Answers to common questions and the product roadmap

Need Help?

-  Something not working? Check the [Q&A](#) first.
-  Still stuck? Ask the community on [Discord](#) — the Excap team hangs out there.
-  Get the latest software from the [Downloads page](#).
-  Visit the [official website](#) or the [online store](#).

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