

# Which Mocap/Tracking do I choose for what?

<b>Optical</b>	<b>Inertial</b>	<b>AI/Camera-based</b>	<b>Kinect</b>	<b>Vive Trackers</b>	<b>Vive Ultimate</b>
Capture & Tracking	Capture & Tracking	Tracking	Tracking	Tracking	Tracking
Optical; multicam & markers	Inertial, IMUs (gyros + accelerometers)	Markerless, AI + RGB/depth cameras or webcam	RGB + depth sensor	Hybrid with external IR	Hybrid inside-out tracking
Film, dance, precise animation	Performance capture	Web/mobile art, interaction, low-budget, prototyping	Installations, skeleton-based interaction	Room-scale performance, VR puppetry (objects)	Vr Avatar Puppetry, Untethered mocap, portable installations

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