



East Bay Vivarium

BEARDED DRAGON (POGONA VITTICEPS)



This is a very general care sheet, we strongly recommend gathering as much information as possible regarding captive husbandry of the specific species of your Bearded Dragon. Sources of information include connecting with other keepers via online social media groups, online forums, books & care sheets as well as youtube videos.

TEMPERATURE

Basking (Surface Temp.): 110°-115°F

[Measured with temperature gun!]

Hot Side: 85°-90°F

Cool Side: 78°-82°F (thermometer on ground, not on wall)

Evening: 75°-78°F minimum

There should be thermometers on both the hot and cool side of the cage at all times.

We strongly recommend having a Min/Max thermometer on the cool side of your cage so you can monitor your overnight temperatures.

**If the enclosure drops below these suggested temperatures, the Bearded Dragon may start to brumate (hibernate) and will not eat because they think winter is coming.*

WATER

Spraying your animal and their environment is one of the most efficient ways to make sure they're hydrated. The ideal time to spray the enclosure/ furnishings is in the morning about an hour after the daytime lights come on. Avoid spraying the cage the hour or two before the lights turn off for the evening. Veggies can also be lightly misted to increase moisture content.

Although most dragons do not readily drink from a water dish it is still advisable to keep a water dish on the cool side of the enclosure at all times. Some owners also soak their dragons in a tub of luke warm water weekly to help ensure proper hydration.

SHELTER & CAGE SIZE

Baby/Juvenile: Floor space of 12" x 24"

(Once the animal is longer than a third of the cage we recommend you size up.)

Adult: Floor space of 3ft x 2ft minimum

Preferred size 4ft. x 2ft

*Place a hide on the warm side of the enclosure and a hide on cool side of the enclosure

SUBSTRATE

It's advisable that dragons under a total length of 6 inches should be kept on paper towels or newspaper to avoid impaction. Once the animal is larger it can be kept on a mixture of sand and soil to emulate their natural environment.

**Impaction typically occurs when the animal is not maintained at proper temperatures and/or there is not an underlying issue. It is vital to maintain temperatures within the necessary range at all times.*

Lack of proper minerals can cause dragons to eat substrate, which can play a part in impaction.

DIET & FEEDING

Bearded Dragons are omnivores and require both live insect prey and plant matter. Young Dragons diets primarily consist of live insects and usually skew more towards vegetation as they mature.

Live food:

Common feeders for young Dragons are crickets and Dubia roaches. Prey items must be smaller than the width between their eyes. It's always better to feed more smaller items vs. fewer larger ones. As dragons grow larger you can incorporate different feeders into their diet to add variation. Options include king mealworms, hornworms, silk worms and wax worms. It's highly recommended that all feeder insects are "Gut Loaded" which is essentially feeding the feeder insects healthy items for 24 hours prior to offering them to your Dragon. All the nutrition the feeders have taken in will be passed on to the Dragon.

Adults may eat the occasional pinkie mouse.

Veggies:

Leafy greens, fresh vegetables, edible flowers and fruits (in moderation). Avoid: avocado, citrus, mushrooms, spinach, swiss chard, onions, rhubarb and beet tops.

Baby/Juvenile: Insects 4-5 times per week, Veggies 2-3 times per week

Adult: 2-3 times per week

SUPPLEMENTS

Despite efforts to gut load the insects, they will never offer the nutrition a Dragon in the wild would consume. Therefore we must supplement their diets with a calcium +d3 supplement and a multivitamin supplement. This requires lightly dusting insects beforehand in a bag or plastic container.

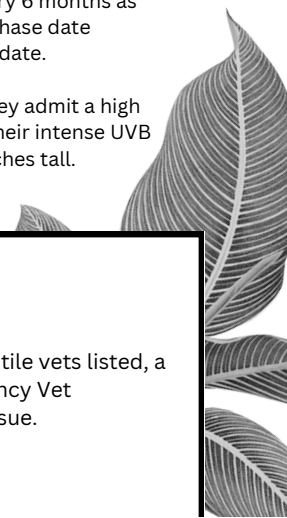
LIGHTING

UV lights should be on for 12 hours/day and off for 12 hours/night to simulate day/night. UVB lighting is critical for proper bone growth. We recommend a 10.0 UVB Fluorescent light that provides as much coverage as possible. Cage furniture should be arranged in a way that the dragon can easily get within 10 inches of most UVB bulbs for maximum exposure. UVB bulbs should be replaced every 6 months as they emit less UV over time. We advise writing the purchase date somewhere on the bulb to keep track of the first usage date.

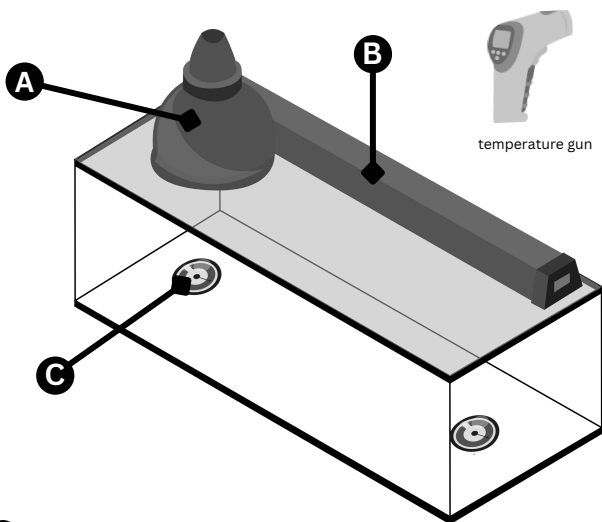
Mercury vapor bulbs are also an excellent option, as they admit a high amount of UVB along with heat. However, because of their intense UVB output they should only be used in cages at least 24 inches tall.

MEDICAL CONCERNS

EastBayVivarium.com has several Bay Area Reptile vets listed, a nationwide reptile vet search as well as Emergency Vet information if your animal is having a medical issue.



LIGHTING OPTION 1



(A) Heat Lamp

Bright basking bulb

(B) UV Lighting

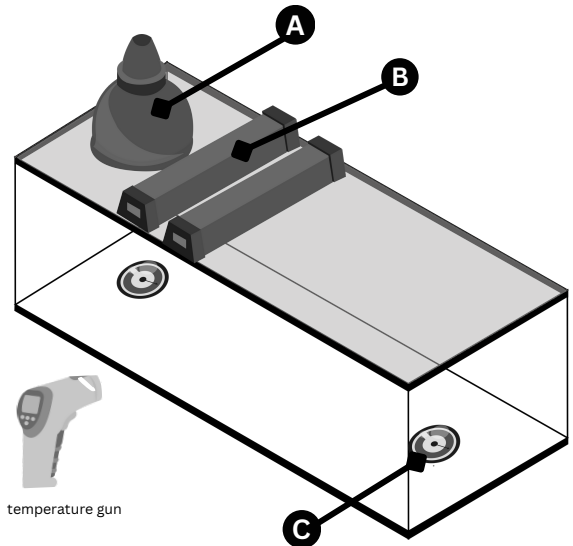
- 12 hours light on, 12 hours light off
- 10.0 UVB Fluorescent light

(C) Temperature Monitoring

- Temperature gun measures the surface temperature of basking spot.
- Have a thermometer on the floor of each side of the enclosure to measure the air temperature of the hot side and cold side. Lay on top of substrate.
- A Min/Max thermometer is recommended on cool side of enclosure to monitor your overnight temperatures.

** Winter months may require additional heating to raise enclosure air temperature to prevent the animal from going off feed.

LIGHTING OPTION 2



(A) Heat Lamp

Bright basking bulb

(B) UV Lighting

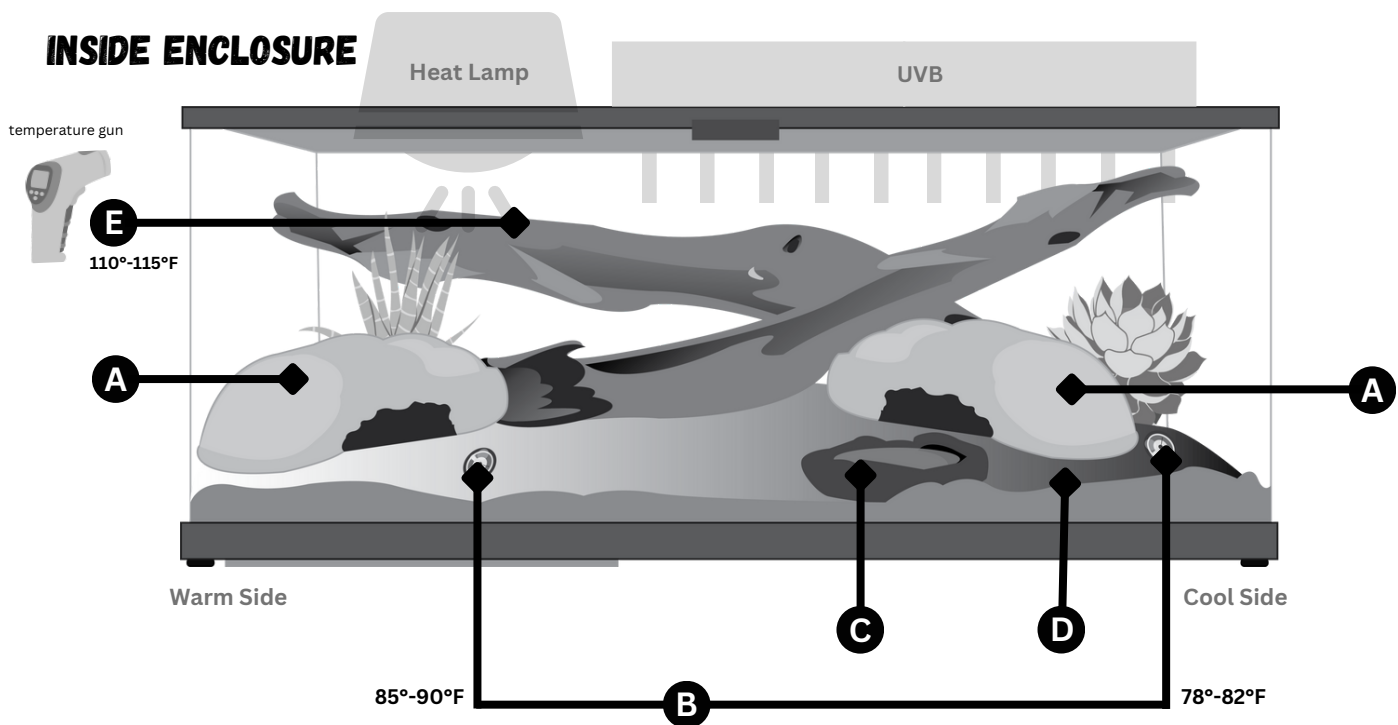
- 12 hours light on, 12 hours light off
- 10.0 UVB Fluorescent light

(C) Temperature Monitoring

- Temperature gun measures the surface temperature of basking spot.
- Have a thermometer on the floor of each side of the enclosure to measure the air temperature of the hot side and cold side. Lay on top of substrate.
- A Min/Max thermometer is recommended on cool side of enclosure to monitor your overnight temperatures.

** Winter months may require additional heating to raise enclosure air temperature to prevent the animal from going off feed.

INSIDE ENCLOSURE



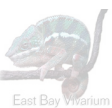
(A) Warm & Cool Hides

(B) Thermometers

(C) Water Bowl

(D) Substrate

(E) Basking Spot



East Bay Vivarium