

Bearded Dragon Care Sheet



Overview

- Scientific Name: *Pogona vitticeps*
- Origin: Central Australia
- Ease of Care: Beginner
- Potential Adult Size: 18 to 22 inches
- Life Span: 15 years
- Behavior: Diurnal
- Diet: Omnivore
- Handling: Beginner

TOP TIPS

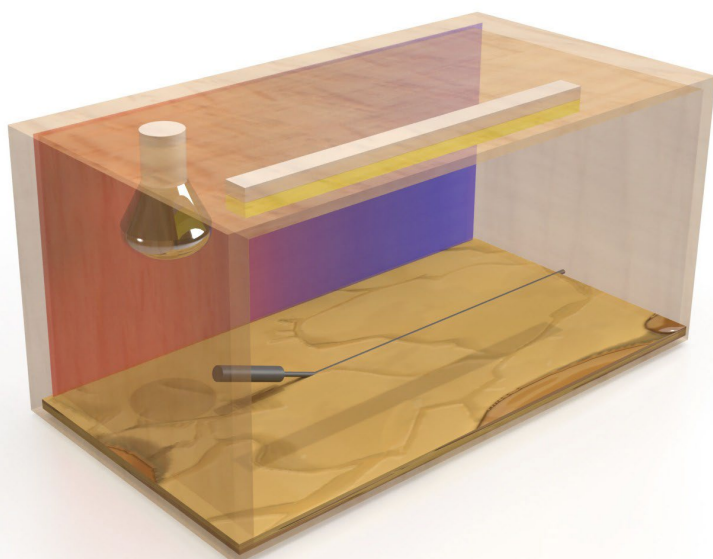
- ✓ A Vivarium is best suited for Bearded Dragons
- ✓ Vary your Bearded Dragons food to keep it stimulated
- ✓ Use a sand scoop when spot cleaning

EQUIPMENT NEEDED

- Housing: Vivarium
- Heating: Heat Bulb
- Lighting: UV Tube (Light Cycle: 12 hours of light)
- Substrate: Bearded Dragon Bedding
- Water: Water bowl

ENVIRONMENT

Terrestrial Vivarium Setup



HOUSING

Hatchling/Juvenile – Standard Vivarium 36x24x24” (DVF3624)

Adult - Standard Vivarium 48x24x24” (DVF4824),
Standard Vivarium - 60x24x24” (DVF6024),
Standard Vivarium - 72x24x24” (DVF7224)

RUNNING COSTS

- Average Cost: 37p Per Day
- Average kW per day: 1.315

Calculations are based on using the recommended timings, heating, and lighting provided throughout the care sheet, and the Electricity unit rate of 28p per kWh.

Enclosure Readings

- Hot Spot: 38-40°C (100-104°F)
- Background Temp: 23°C-30°C (73°F-86°F)
- Night-Time Temp: 16°C-23°C (61°F-74°F)
- Humidity: 30%-40%
- UVI: 4-6

Heating

Bearded Dragons are a diurnal species and require a suitable light and heat gradient in the enclosure to simulate a complete 24-hour period.

The HabiStat Bearded Dragon Accessory Kit (HSBDAK) provides all the light, heat, and safety elements for the enclosure in one handy kit.

Use the Arcadia Pro Ceramic Lamp Holder & Bracket (RADCHP) with a Heat Bulb (HBB100) running through a Dimming Thermostat (HTDWHR).

Dimming thermostats are designed to regulate temperatures using a thermostat

probe (also known as a sensor). Correct placement of the probe is critical to avoid overheating and injury to the animal.

Check temperatures regularly, using a reliable dual thermometer and hygrometer to ensure that there are no extreme fluctuations.

Lighting

Fit the Arcadia Pro T5 UVB Kit, 12% (RARTP39R) to the inside roof of the vivarium.

Ensure that it is fitted correctly and within the manufactures recommended distances, providing a UVI of 4-6.

Substrates and Decoration

Personal choice will dictate how you decorate your enclosure, but we recommend the following as a guide:

- Bearded Dragon Bedding (HSBDB10)
- Cork Branch (HDB1), Grapevine (HSGV) and the Tea Tree Branch (HSNTB) will offer shelter and enrichment within the enclosure.
- Live or artificial plant decoration will provide darker areas for the animal to use as shelter

DIET & WATER

Ensure a Bearded Dragon has a varied diet, with a mixture of insects and Greens.

Young/Juvenile - A small bowl of Greens, daily.

Several appropriately sized feeders 2 to 3 times per week such as:

- House Brown Crickets – 3rd (LSC200)
- Locust – Small Hopper (LSH20)
- Calci Worms – (LCW40)

Adult – A small bowl of Greens, daily.

Several appropriately sized feeders per week such as:

- House Brown Crickets – Large (LSL35)
- Locust – 3rd Hopper (LMHC14)
- Dubia Roaches – Medium (LDLM12)

Always provide a source of fresh water. The Sandstone Water Dish (HRSSCM) will provide a safe and sturdy option.

To maintain and regulate humidity within the enclosure, mist as required.

SUPPLEMENTATION

Bearded Dragons need additional supplementation in the form of a calcium and multi-vitamin powder such as Arcadia Earth Pro-A (RAREP100) and Arcadia Earth Pro Calcium Mg (RAREPCM80).

Please follow the packaging instructions.

HEALTH & HYGIENE

We recommend the following cleaning routine to keep your animal healthy and happy:

	Water	Substrate	Enclosure
Daily	Change old water for fresh water	Spot clean	Check vents on enclosure are not blocked and allow air to pass through freely
Weekly	Disinfect water bowl or dish	Agitate substrate to prevent any bacterial build-up and remove any dirty bedding	Wipe down glass and walls with a reptile safe disinfectant
Monthly		Take out old substrate and replace with new substrate	Wipe down inside the enclosure and disinfect décor with a reptile safe disinfectant

Always wash your hands, surfaces and equipment with warm water and disinfectant immediately before and after handling the animal, any live-food, enclosure, and any other equipment.

HANDLING & CARE

While this species is generally placid and will tolerate gentle handling, this can at times be very stressful for the animal, so any handling should only be done in short periods.

Things to look out for that will need veterinary assistance:

- Skin shedding problems (retained shed)
- Eyes discoloration or not opening
- Going off food
- Loose bowel movements

Should your animal display any signs of distress, changes in regular behavior, or anything visually different, please seek help from your Reptile Veterinarian.

ADDITIONAL INFO

This species will benefit from a deep substrate to burrow in.



Monkfield Nutrition Ltd

Arthur Rickwood Farm
Chatteris Road, Mepal, Ely, CB6 2Az

monkfieldreptile.com
Telephone: 01223 208261



DATA MONITORING



Complete this Sheet at the same time every day e.g. 12pm

	Hotspot Temp 38°C-40°C (100°F-104°F)	Background Temp 23°C-30°C (73°F-86°F)	Humidity 30%-40%	UVI 4-6	Night Time Temp 16°C-23°C (61°F-74°F)	Feeding
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						