

Bearded Dragon



OVERVIEW



- Ease of Care: Beginner
- Size: 18 inches plus (45cm)
- Life Span: Up to 15 years in Captivity
- Diet: Omnivore – Insects and greens
- Temperament: Friendly
- Background Temp: 25°C-30°C (77°F-86°F)
- HOT Spot: 38-40°C (100-104°F)

TOP TIPS

- ✓ Provide a suitable basking spot
- ✓ They like to eat, so maintain a good supply of food
- ✓ Vary the food items you offer to your dragon to keep it stimulated
- ✓ Use a sand scoop to make spot cleaning easier

EQUIPMENT NEEDED



- Housing: Wooden Vivarium
- Heating: Basking Bulb (12 hours on/off cycle)
- Lighting: UV Tube (12 hours on/off cycle)
- Substrate: Bearded Dragon Bedding (HSBDB10), Arcadia EarthMix Arid (RAREA10)
- Water: Water Bowl Needed

HOUSING



Depending on the age, a relevant sized Vivarium offers the ideal housing solution for a Bearded Dragon (*Pogona vitticeps*).

Baby/Juvenile Bearded Dragon:

- Monkfield Vivarium - 36x24x24" - (DVF3624)
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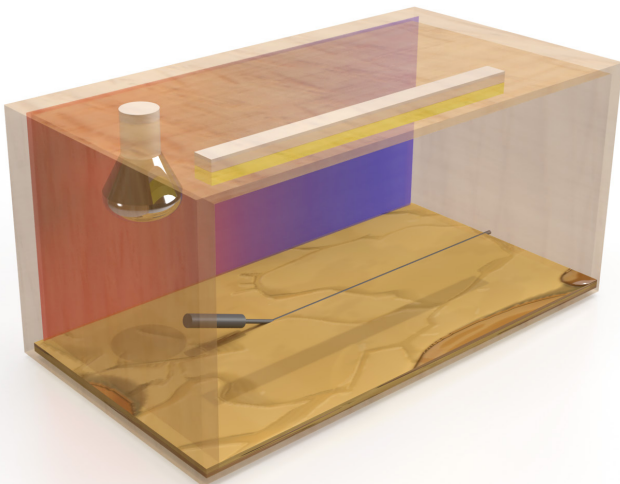
Sub Adult/Adult Bearded Dragon (6 months and older):

- Monkfield Vivarium - 48x24x24" - (DVF4824)
- Monkfield Vivarium - 60x24x24" - (DVF6024)
- Monkfield Vivarium - 72x24x24" - (DVF7224)

ENVIRONMENT



Terrestrial Vivarium Setup



Heating

Bearded Dragons are ectotherms, meaning they take all their heat requirements from external sources. In the wild, Bearded Dragons are naturally

exposed to high temperatures which help the dragon to function as normal and aid in the digestion of its food. To replicate these conditions, a basking area should be set-up at one end of the vivarium using a basking bulb, which is thermostatically controlled, to provide the heat required for all Bearded Dragons. This allows the Bearded Dragon to thermoregulate by providing a hot end for the dragon to bask, and a cool end for cooling off.

Overhead heat should be provided using a 100w heat bulb screwed into the Arcadia Pro Ceramic Lamp Holder & Bracket (RADCHP) and placed at one end of the enclosure resulting in a basking end or around 38°C (100°F) to 40°C (104°F) and cooler end in the opposite end 23°C (73°F) to 30°C (86°F), all ran through a Dimming Thermostat such as the HabiStat Dimming Thermostat, High Range (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 lizard. The probe should be positioned on the floor in the basking area, or wall nearest the basking area a couple of inches of the floor, and the probe cable should be taped to the floor/wall 2-8cm (1-3") back from the actual probe sensor. This will ensure an accurate temperature reading and prevent the probe becoming dislodged. Carefully place the chosen substrate on top of the probe cable leaving just the probe above the surface.

Temperature and Monitoring

As a rough guide, the basking area should be around 38- 40°C (100-104°F) going down to 23-30°C (73-86°F) at the cooler end of the vivarium.

Night-time temperatures should not really drop below your ambient home temperature. But should it drop below 10°C (50°F) the use of a non-light emitting bulb like the HabiStat Black Magic Ceramic Heater (HBC60) or Arcadia (RARHP50) Deep Heat Projector would be beneficial.

Make sure temperatures are checked regularly with a 2x probed thermometers (one in both the hot and cooler ends) to ensure that there are no extreme fluctuations.

A Spotlight Guard can be used to surround the basking bulb to prevent the animal coming into direct contact with the heat source. In our experience, some Bearded Dragons like to use the guard as a climbing frame, effectively taking them closer to the heat source and risk of injury. A guard should not be necessary if 25-30cm (10-12") is maintained between the basking bulb and the

basking area of the animal.

Lighting

In the wild, Bearded Dragons are exposed to high levels of light and UV.

In captivity, a UV light is essential for a Bearded Dragon's health and wellbeing. We recommend using a UV tube which has been specifically designed for desert dwelling reptiles.

The Arcadia Pro T5 Kit 39 watt 14% (RARTP39D) (for a 2ft high Vivarium), or Arcadia Pro T5 Kit 39 watt 12% (RARTP39R) (for minimum of 18inch high enclosure) starting flush in the basking end would give the Bearded Dragon the option of optimal exposure while basking and leaving an area of low to zero UV in the cooler-end.

Substrates and Decoration

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

- 1) Substrates: A dry substrate such as Arcadia EarthMix Arid or Habistat Bearded Dragon Bedding, that is easy to spot clean.
- 2) Wood and branches for basking and climbing on.
- 3) Artificial or live plants for decoration and to provide darker areas for the Bearded Dragon to hide away if it chooses. Extra caution should be taken with Artificial plants - A hungry Bearded Dragon 'could' mistake such as being real, causing potential injury if eaten.

DIET & WATER

Hatchlings through to adults should be offered appropriately sized insects. As a rule, the distance between the lizard's eyes will give you the approximate size of live food to feed your lizard. Most juvenile and older dragons will eat shredded leafy greens, for example - spring greens, kale, rocket, watercress, as well as wild weeds - dandelions, plantain, and white/red dead nettles. Ensure that any food source gathered from the wild has been collected from an organic source.

Make sure fresh water is always available for the dragon to drink via a small bowl (not big enough to lay in)

SUPPLEMENTATION

Bearded Dragons need additional supplementation in their diet to help them to flourish and maintain healthy and productive lives. We recommend using a calcium Magnesium mix, and a multi-vitamin powder.

HEALTH & HYGIENE



We recommend the following cleaning routine to keep your Bearded Dragon 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		Full substrate change	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 or feeding your Bearded Dragon, their food, enclosure and any other equipment.

ADDITIONAL INFORMATION



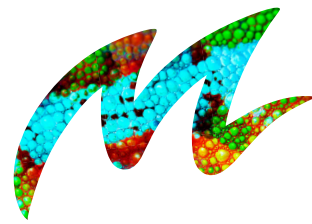
Bearded Dragons shed their skin in patches, and it can sometimes take up to 1 week for a Bearded Dragon to completely rid itself of its old skin – this process is called shedding.

A juvenile Bearded Dragon will shed its skin every few weeks when young, and an adult will shed as little as 2-3 times a year. You can usually tell if your Bearded Dragon is going to shed, as its skin colour will appear duller than normal and may have a washed out look to it.

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