

# Helmeted Iguana



## OVERVIEW



- Scientific Name: *Corytophanes cristatus*
- Origin: Central America
- Ease of Care: Intermediate
- Potential Adult Size: 12-16 inches
- Life Span: Upwards of 7 years
- Behaviour: Diurnal
- Diet: Insectivore
- Handling: Intermediate
- Humidity: 70-90%

## TOP TIPS

- ✓ Provide climbing opportunities throughout the enclosure
- ✓ Add live plants and pockets of moss to help maintain humidity

## HOUSING

- HabiStat Glass Terrarium 91.4x45.7x90cm (HGT9190)
- HabiStat Standard Vivarium 36x18x36" (HV3636)

## EQUIPMENT NEEDED

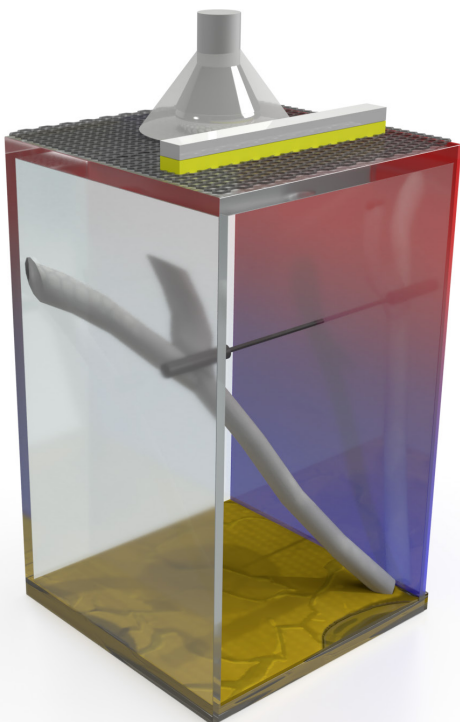


- Housing: Terrarium
- Heating: Heat-Bulb
- Thermostat: Dimming Thermostat
- Lighting: UV Tube (Light Cycle: 12 Hours of light)
- Substrate: HabiStat Jungle Bio (HSJB10), HabiStat Coir (HSCB)
- Water: HabiStat Sandstone Water Dish (HRSSCM)

## ENVIRONMENT



### Terrarium Setup



### Enclosure Readings

- Background Temp: 24-26°C (75-79°F)
- Hot Spot: 30°C (86°F)
- Night-Time Temp: 20-24°C (70-75°F)
- Humidity: 70%-90%
- UVI: 3-4

### Heating

Helmeted Iguanas are ectothermic (cold-blooded) animals and take all their heat requirements from external sources.

Use a HabiStat 100w Basking Spotlamp (HBB100) in an Arcadia Reflector Clamp Lamp Holder (RARMG160) running through a HabiStat Dimming Thermostat (HTDW) to provide overhead heat. This can be placed on the mesh roof of the Terrarium.

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 and humidity regularly using a reliable thermometer and hygrometer to ensure that there are no extreme fluctuations.

## Lighting

Lay the Arcadia Pro T5 6% (RARTP39F) or alternatively the Arcadia LumenIZE Pro T5 UVB Kit 6% (RARLZ39F) on the mesh roof of the Terrarium.

Ensure that it is fitted correctly and within the manufactures recommended distances, providing a UVI of 3-4.

Using an Arcadia Jungle dawn LED Bar (RAJDP3) or Arcadia LumenIZE Jungle Dawn LED Bar (RARLJ3) will also add contribute to providing beneficial full spectrum lighting within the Terrarium for both the animal and plant life when used alongside the suggested UV light.

## Substrates and Decoration

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

- HabiStat Jungle Bio (HSJB10), or HabiStat Coir (HSCB) with pockets of HabiStat Sphagnum Moss (HSM1) mixed in.
- HabiStat Cork Branch (HDB1), HabiStat Grapevine (HSGV) and HabiStat Tea Tree Branch (HSNTB) will offer shelter and enrichment within the enclosure.
- The HabiStat Rainmaker (HRSM) and Habistat Humidifier (HDH01) will aid maintaining humidity.
- Live or artificial plant decoration will provide darker areas for the animal to use as shelter.

## DIET & WATER

Ensure the Helmeted Iguana is offered a variety of insects.

**Young/Juvenile** - several appropriately sized feeders daily such as:

- Crickets – 3rd
- Locust – 1st Hopper
- Calci Worms

**Adult** - several appropriately sized feeders per week such as:

- Crickets – Standard
- Locust – 3rd Hopper
- Dubia Roaches – Medium

Always provide a source of fresh water using the HabiStat Sandstone Water Dish (HRSSCM).

To maintain and regulate humidity within the enclosure, mist as required. The Habistat Rainmaker (HRSM) and HabiStat Humidifier (HDH01) also help to maintain humidity levels.

## SUPPLEMENTATION

Following a supplementation regime that involves calcium and multivitamin powders such as HabiStat Pure Calcium (HMC40), HabiStat Reptavite (HMRV40), HabiStat Repton (HMR40), and Arcadia Earth Pro-A (RAREP100) will be beneficial to the health and wellbeing of the animal.

## ADDITIONAL INFORMATION

- As an arboreal species, ensure you provide plenty of branches and large plants for climbing.
- This species will drink water droplets on leaves and décor.
- They are a sit and wait ambush predator, so they may not actively hunt their food.

## HEALTH & HYGIENE



We recommend the following cleaning routine to keep your Helmeted Iguana 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 to allow any dirty bedding to be removed	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 your animal, their food, enclosure, and any other equipment t using HabiStat Anti-Bac Spray (HABS) for any surface, and HabiStat Hand Sanitiser (HABG) for hand hygiene.

## HANDLING & CARE



While this species can 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)
- Going off food
- Eye problems
- Tongue shooting problems
- Feet problems

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

# DATA MONITORING



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

	Hotspot Temp 30°C (86°F)	Background Temp 24-26 C (75-79 F)	Humidity 70%-90%	UVI 3-4	Night Time Temp 20-24°C (70-75°F)	Feeding
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						