

BEARDED DRAGON CARE GUIDE



Scientific Name
Pogona vitticeps



Adult Size
45 - 60cm



Lifespan
10 – 15 Years +



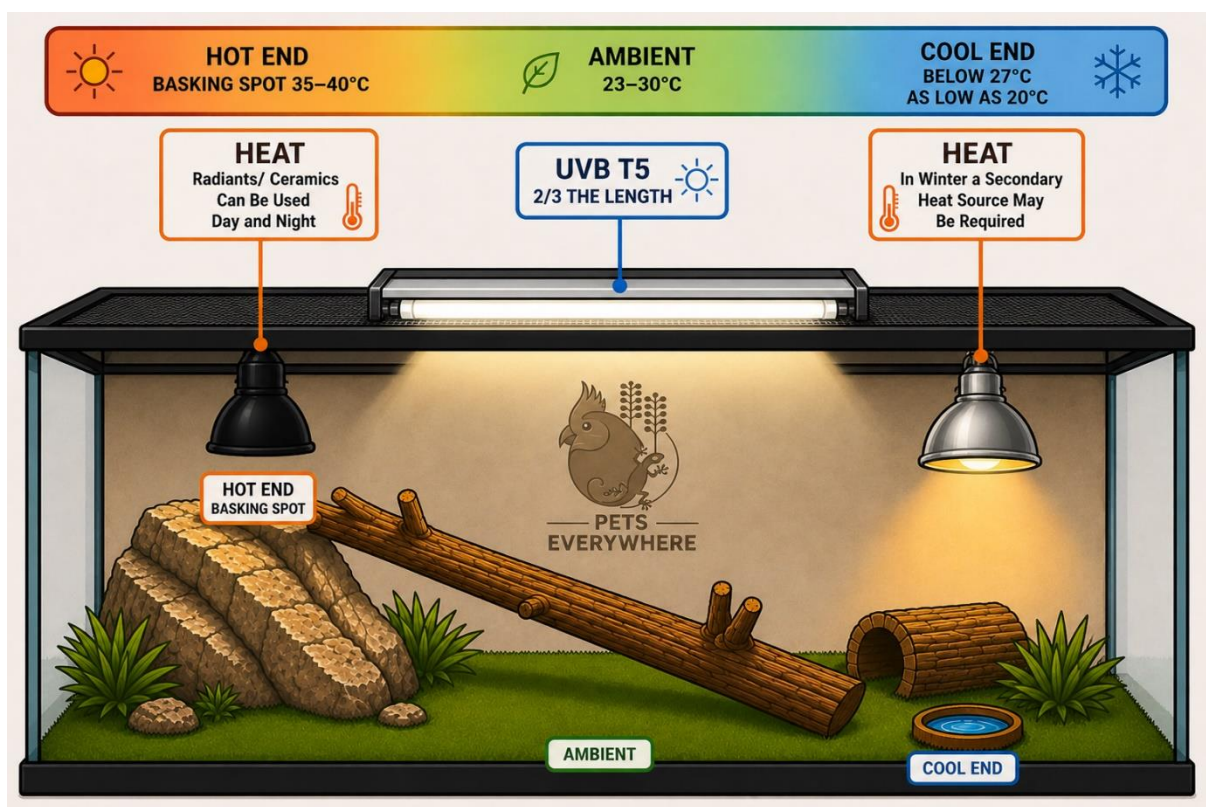
Social
Housed Alone

Housing

Bearded dragons are active, solitary reptiles that should be housed alone. Many keepers start babies or juveniles in smaller enclosures, such as 60×45×45cm, before upgrading as they grow. For long-term care, we generally recommend a minimum adult enclosure of 90×45×60cm, with 120×45×60cm or larger often being even better choices for enrichment and long-term comfort.

Heating and Lighting Requirements

Daytime temperatures should run for approximately 10–14 hours per day. The infographic below shows recommended daytime temperatures.



Night-time heating is not about keeping your bearded dragon at daytime temperatures. Instead, it is about allowing a safe, natural drop in temperature overnight, while preventing the enclosure from becoming too cold. As a general rule, a nighttime ambient of 18-24°C is suggested.

A 10–14% UVB globe should run alongside your heat sources for approximately 10–14 hours each day. Your bearded dragon should also be given access to unfiltered natural sunlight once or twice per week, when conditions are safe and appropriate.

Diet

Bearded dragons are omnivores and require a balanced diet of live insects, vegetables, fruits, and supplements. Food sources can be dusted 1-2 times per week with calcium and multivitamin powder. We recommend always shredding, grating, or finely chopping vegetables and fruit to reduce the risk of choking or swallowing oversized food pieces.

For young dragons, offer 4–6 crickets at a time. If they quickly eat them all and are still actively hunting, you can continue adding another 4–6 at a time until they lose interest.

Avoid adding more live food while crickets are still loose in the enclosure, and do not leave excessive crickets roaming the tank.

- **Popular Live Foods:** Crickets, woodies, mealworms, and superworms.
- **Vegetables:** Endive, parsley, carrot, beans, bok choy, celery leaves, alfalfa shoots, kale, collard greens, mustard greens, and more.
- **Fruits:** Apple, squash, blueberries, strawberries, and zucchini.
- **Commercial Pellets:** Mix with vegetables for extra nutrition.
- **Dried Salad Toppers:** Black soldier fly larvae, mealworms, and organic flowers.

Young dragons eat around 70–80% insects, while healthy adults usually do best on 70–80% salad.

Feeding Frequency

- **Hatchlings/Juveniles:** Live food once or twice daily.
- **Adults:** Food every 1–2 days.
- **Water:** Fresh water should be available at all times.

Maintenance Example

Daily

- Check temperature and lighting.
- Refresh drinking water.
- Spot clean enclosure for faeces or uneaten food.

Monthly

- Deep clean the entire enclosure using F10, reptile-safe disinfectant.

Every 2-3 Months

- Replace substrate.

Every 6-12 Months

- Test UVB light (we offer this service in-store for free) to determine if replacement is needed.
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Common Health Issues

Metabolic Bone Disease (MBD): Caused by calcium/vitamin D3 deficiency and incorrect UV lighting.

Impaction: Often caused by ingesting substrates like sand or large food items that block the digestive tract. More likely to occur in enclosures with incorrect heating.

Red Flags: If you notice any of the following signs, consult your local reptile vet:

- Prolonged loss of appetite (juveniles 2-4 days, adults 1 week)
 - Diarrhoea
 - Abnormal movements or tremors
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Shopping List

Enclosure, water bowl, feed dish, substrate, basking logs, background, artificial plants, heat fitting and globe, UV fitting and globe, thermostat, thermometer, timer, F10, live food, lizard pellets, calcium and multivitamin powder, cricket keeper, fruit, and vegetable.