Bearded Dragon
Pogona vitticeps

Care Sheet

Average Size
20 - 24 inches long

Average Lifespan
8 – 15 years

Diet
Bearded Dragons are omnivores, although they eat mostly insects. Offer a variety of live insects including crickets, mealworms, waxworms, and cockroaches. Vegetation includes turnip greens, collard greens, mustard greens, and some fruit in small amounts.

Never Feed Lettuce! It contains no nutrition, only water and cellulose.

Feeding
Feed babies twice daily. At 2 months of age you can reduce to once daily. Adults should also eat daily. Dust food with calcium powder daily & a multivitamin once a week. Feed them the amount they will eat in 10 minutes.

Housing
Habitat - Bearded Dragons are from the deserts of Australia. The environment should be kept hot and dry. Provide hiding places along with flat basking surfaces. Bearded Dragons may be kept alone or in pairs. If housed together Bearded Dragons should be of similar size to avoid injury. Never house two males together in the same tank. Two females generally get along well. A male and female will likely breed if housed together.

Size - An adult must have a minimum cage size of 36” Long x 18” Deep x 16” High.

Substrate - Acceptable substrates are ground walnut shell, sand, or cage carpet. The main concern with walnut shell and sand is the possibility of impaction. If the dragon consumes large amounts of the substrate, it could cause intestinal blockage. Cage carpet is the safest option, however, it is difficult to clean easily.

Ground walnut is the preferred substrate of The Tye-Dyed Iguana.

Temperature - A Bearded Dragon’s basking spot should be 95°F. The cool end of the tank can be as cool as 70°F.

Humidity - Some keepers mist their dragons once to twice a week with a spray bottle or allow to soak in a shallow bath. Humidity levels should be between 35% - 40%.

Watering - Provide a bowl of fresh drinking water at all times. Bearded Dragons don’t drink often, however providing a water bowl is recommended.

Lighting - Since this is a diurnal species, it requires two light bulbs. One is the heat lamp which also emits UVA. The second is a UVB lamp. The UVB lamp will specifically say UVB on the box. If the box doesn’t say UVB, it’s not UVB.

Plant and Fish bulbs are not UVB bulbs.