Madagascar Hissing Cockroach  
*Gromphadorhina portentosa*

**Care Sheet**

<table>
<thead>
<tr>
<th>Average Size</th>
<th>2 - 3 inches long</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average Lifespan</td>
<td>4 - 5 years</td>
</tr>
</tbody>
</table>

**IMPORTANT:** Please be aware that we DO NOT recommend starting your own Madagascar Hissing Cockroach colony. It is common for people to develop an allergy to Madagascar Hissing Cockroaches with too much handling and constant exposure. Handling your Madagascar Hissing Cockroach in a well-ventilated room and wearing gloves and a respirator can help reduce the chances of developing an allergy. Our facility has been equipped with high quality air filtration and ventilation systems, and we always wear gloves and respirators to keep the risk to a minimum. Please note that the reactions will start with itchy skin, then move on to itchy eyes, congestion, and ultimately lead to respiratory issues.

**Diet**  
Hissing Cockroaches can eat a variety of fruits and vegetables as well a commercially available insect gut load.

**Feeding**  
Hissing Cockroaches are scavengers and require constant access to food and water.

**Housing**  
**Habitat** - Hissing Cockroaches are native to the large island of Madagascar off the coast of Africa where they can be found living in fallen logs.

**Size** - Hissing Cockroaches can climb smooth surfaces. Some keepers will use a thick strip of petroleum jelly around the top few inches of the enclosure to prevent escape. Housing size depends on the number of individuals in the enclosure. A few roaches can be housed in a small plastic enclosure. A large colony would require an aquarium or large storage container with good ventilation.

**Substrate** - Depending on setup an absorbent substrate such as peat moss or coconut fiber works well to keep up humidity. Other keepers will use a bare bottom to help with cleaning.

**Temperature** - Temperatures between 75-90°F are perfect for Hissing Cockroaches.

**Humidity** - Roaches do best with a humidity of 60-70%.

**Watering** - The best way to provide water is with water crystals. Roaches can’t swim well and will drown in an open water source.

**Lighting** - Roaches do not need UVB or light sources.