Ball Python

Python regius

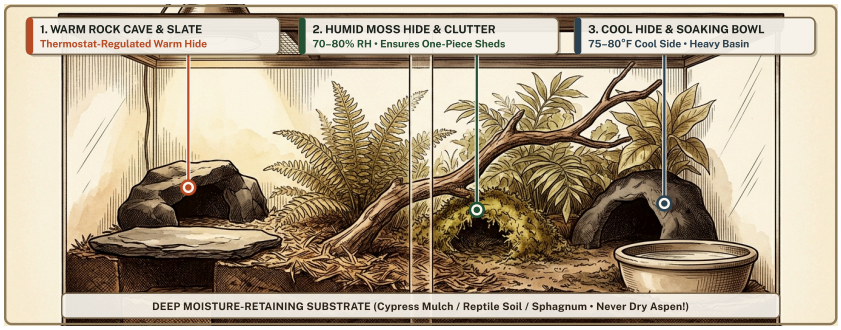
The Quick Version: Ball Pythons get their name because when they're nervous, they tuck their head into the middle of their coils like a little bowling ball! In West Africa they spend all day curled inside warm, humid underground burrows — so two snug caves and 60–75% humidity are the secret to a happy eater.



LIFESPAN	ADULT SIZE	ACTIVE HOURS	ADULT TANK	HUMIDITY
20–30+ Years	3.5–5 Feet	Night (Nocturnal)	40B / 36×18"+ Tank	60–75% RH

1. Warm, Humid & Cluttered Tank Setup

TWO TIGHT CAVES + 60–75% HUMIDITY = A BALL PYTHON THAT EATS EVERY TIME!



Warm Hide / Basking Spot — 88°–92°F
Always run on a digital thermostat!

Warm Side Air Temp — 82°–86°F
Steady tropical burrow warmth

Tank Humidity — 60–75% RH
Bump to 75–80% in shed (Big no-no: dry Aspen!)

Cool Side Temp — 76°–80°F
Don't let the cool side drop below 75°F!

Nighttime Temp — 75°–78°F
Use a lightless heat emitter, DHP, or heat mat

2. Two Ways That Work — Pick What Fits Your Home

SHORT & SWEET: BOTH OPTIONS WORK GREAT

Tank Setup: Front-Opening Terrarium vs. Screen-Top Tank

Ball Pythons thrive in glass tanks as long as you hold in 60–75% humidity and give them cozy privacy:

OPTION A: FRONT-OPENING GLASS TERRARIUM (OUR TOP PICK!)
Front doors let you reach in from the side instead of overhead like a hawk! Just cover 70% of the screen top with a clear liner or foil tape to lock humidity in.

OPTION B: 20L / 40-GAL BREEDER TANK + LOCKING SCREEN COVER
Roomy and budget-friendly! Clip the screen lid down tight, cover two-thirds of the mesh top to trap moisture, and tape dark paper on 3 outside walls.

Bedding That Actually Holds Moisture

Big No-No: skip dry shredded aspen for Ball Pythons! It sucks moisture out of the air, causes stuck shed, and molds when misted:

OPTION A: FOREST FLOOR CYPRESS MULCH & REPTIBARK BLEND
Holds moisture down underneath while keeping the top layer dry under your snake's belly so they never get scale rot.

OPTION B: REPTISOIL / ECO EARTH + SPHAGNUM MOSS MIX
Keeper trick: pour a cup of water into the 4 corners once a week so moisture wicks up! Going bioactive? Seed with our **Dwarf White** or **Powder Orange/Blue Isopods + Tropical Springtails**!

24/7 Heating (Without Nighttime Glare)

Because Ball Pythons need 75–80°F temps even at midnight, pair your setup with a digital thermostat:

OPTION A: UNDER-TANK HEAT MAT + DAYTIME BASKING / DHP BULB
A thermostat-controlled heat mat under the warm cave keeps their belly at 90°F 24/7 without drying out the air, paired with a gentle overhead lamp.

OPTION B: DEEP HEAT PROJECTOR (DHP) OR CERAMIC HEAT EMITTER
Heats both the warm cave and tank air day and night with zero visible light — always plug into a digital thermostat!

Flip Over for Page 2: Feeding Schedule, Team Tips & Grab-and-Go Checklist →

3. Feeding Guide (Frozen/Thawed Rats & Mice)

EASY SIZING RULE: 10–15% OF BODY WEIGHT FOR BABIES • 5–7% FOR ADULTS

Babies Every 7 Days	**Hopper Mouse or Fuzzy/Pup Rat:** Switching babies over to appropriately sized rats early makes life way easier as they grow!
Sub-Adults Every 10–14 Days	**Weaned to Small Rat (30–65g):** Pick a feeder about the same width as the thickest middle section of your snake's belly.
Adults Every 14–21 Days	**Small to Medium Rat (65–130g):** Most adult Ball Pythons stay healthy on a Small Rat every 2–3 weeks. Overfeeding is the #1 reason adults go on 4-month hunger strikes!

How to Beat the Famous Ball Python 'Hunger Strike':

1. Warm the Nose to 100°F
They aim using heat-pit sensors on their upper lip!

2. Keep the Rat Dry
Thaw inside a Ziploc bag, or hit the head with a hairdryer

3. Feed in the Dark
Wait till dusk and wiggle the rat right outside their warm cave

4. Check Cave Snugness
90% of picky eaters just have hides that are too big & drafty!

What Is a Ball Python 'Morph'? A 'morph' is simply a natural color and pattern variation — just like different coat colors in dogs! Whether your Ball Python is a classic Normal, Pastel, Banana, Piebald, or Clown, they are all the exact same gentle species and need the exact same warm, humid setup.

4. Tips, Tricks & Big No-Nos from Our Reptile Team

REAL-WORLD HABITS THAT KEEP THEM THRIVING

Twin Snug Caves
Give them two identical, low-ceiling caves (one on the 90°F side, one on the 78°F side) that barely fit their coiled body. If one cave feels tighter, they'll stay in it even if they're too cold!

Whole-Sock Sheds
A healthy shed rolls off in one piece like a tube sock (including both clear eye caps). If an eye cap ever sticks, put them in a warm damp pillowcase for 20 mins — **never use tweezers on eyes!**

48-Hour Belly Rest
Wait a full 2 days after feeding before picking your python up so they can curl up in the warm hide and digest in peace.

Listen for Whistles
If you ever hear little clicking/whistling breaths or see bubbly spit, check that your humidity is 70%+ and warm side is 90°F, and call an exotic vet right away.

5. Grab-and-Go Setup Checklist

ASK US ON THE FLOOR — WE'LL HELP YOU MATCH EVERYTHING!

TANK & HUMIDITY BEDDING

- [ ] 20-Gal Long (Baby) or 40-Gal Breeder / 36"×18" Glass Terrarium
- [ ] Forest Floor Cypress Mulch, ReptiBark, or Reptisoil (Skip Aspen!)
- [ ] Sphagnum Moss, Leaf Litter & Leafy Clutter
- [ ] Heavy-Duty Screen Clips or Sliding Door Lock

HEATING, THERMOSTAT & TEMP GUN

- [ ] Digital Thermostat (Mandatory for Every Heat Source!)
- [ ] Under-Tank Heat Mat, Deep Heat Projector, or Ceramic Heat Emitter
- [ ] Digital Probe Thermometer & Hygrometer
- [ ] Infrared Temp Gun (for checking 90°F cave & 100°F rat noses!)

SNUG CAVES, BOWL & TONGS

- [ ] 2 Snug Single-Door Caves (Warm Cave & Cool Cave)
- [ ] Enclosed Humid Moss Cave (for shedding week)
- [ ] Heavy Ceramic Water Bowl + Reptile Water Dechlorinator
- [ ] Long Feeding Tongs + Frozen Mice / Rats

A Quick Note from Our Team — Keep Learning & Ask Us Anytime!

The quick version: there's more than one right way to set up a great enclosure! As long as your temperatures, humidity, and diet are dialed in, your pet doesn't care whether its cave is fancy resin or a terra-cotta pot. Bringing home this critter is a **20–30+ year commitment** — use these two pages as your home-base cheat sheet, watch what your pet tells you with their daily behavior, find a good local exotic vet, and call or stop by the shop anytime you have questions!

MY BALL PYTHON'S INFO

Name / Morph: _____

Current Diet: _____

Date Adopted: _____