INSIDE FLAP • KEEPER HABITS

4 Keys to Long-Term Health

Small Daily Habits That Prevent 95% of Vet Visits

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.

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.

BACK COVER • TAKE THIS TO THE AISLE

Grab-and-Go Setup Checklist

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

MY BALL PYTHON'S INFO & FEEDING LOG

Name / Morph: _____

Gotcha Date & Weight: _____

Current Feeder Size & Day: _____

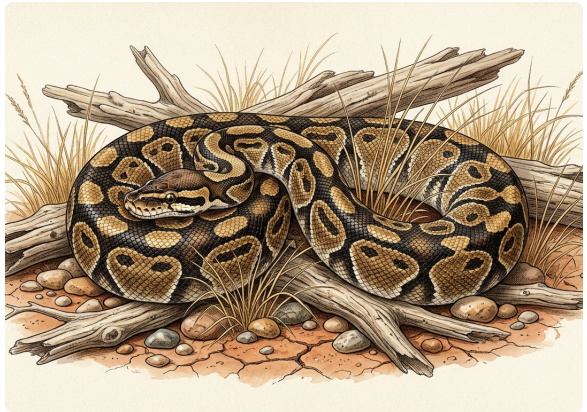
Critter Cabana & Cascade Pet Supply

Questions about heating, shedding, or a picky eater? Stop by or call our reptile team anytime — we're here for the full 20–30+ year commitment!

CRITTER CABANA & CASCADE PET SUPPLY • CARE GUIDE

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.

QUICK VITAL STATS AT-A-GLANCE

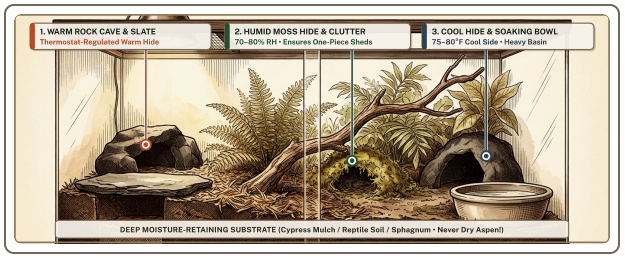
LIFESPAN **20–30+ Years**	ADULT SIZE **3.5–5 Feet**
ACTIVE HOURS **Night (Nocturnal)**	ADULT TANK **40B / 36×18"+ Tank**
HUMIDITY **60–75% RH**	

OPEN FOR TANK SETUP, TEMPS, FEEDING & SHOPPING LIST →

STEP 1 • HABITAT & CLIMATE

Warm, Humid & Cluttered Tank Setup

Two Tight Caves + 60–75% Humidity = A Ball Python That Eats Every Time!



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

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

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

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

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

Thermostat & Gauge Rule: Stick-on dial gauges can be off by 10°F+! Use a digital probe thermometer/hygrometer and always plug heating mats and heat emitters into a **digital thermostat**.

STEP 2 • STOCKED STORE OPTIONS

Two Ways That Work

Pick Option A or Option B Based on Your Home Setup

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: instead of spraying all day, pour a cup of warm water straight into the 4 corners of the dirt once a week so moisture wicks up slowly!

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!

STEP 3 • DIET & NUTRITION

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!

First-Week Rule: Give your new Ball Python **5 to 7 days of peace and quiet** in its new tank before handling or offering its very first meal so it can map out its hides and feel safe!