INSIDE FLAP • KEEPER HABITS

4 Keys to Long-Term Health

Small Daily Habits That Prevent 95% of Vet Visits

Leaves = Groceries!

If you can see bare dirt on top of the tank, add more dead leaves! A thick leaf blanket holds moisture in and is their favorite midnight snack.

Flat-Hand Handling

Let your millipede stroll across your flat palms right over a table — those 200+ tickly little feet feel amazing! If it curls into a spiral, set it gently back in its leaves.

Brown Stain Secretion

If spooked, millipedes can release a harmless liquid that smells like iodine and stains fingers brownish-yellow for a couple days. Just wash your hands with soap after handling!

Peel Grocery Veggies!

Grocery store cucumbers and squash often have invisible pesticide wax on the skin — always peel veggies or scrub them well before sharing with invertebrates!

RULE #1: Never Dig Up a Buried Millipede! Millipedes disappear underground for **2 to 8+ weeks at a time** to shed their skin and grow new legs! While molting, they are soft and fragile. Resist the urge to go digging to check on them — just keep the soil lightly damp and wait for them to pop back up!

BACK COVER • TAKE THIS TO THE AISLE

Grab-and-Go Setup Checklist

TANK & EDIBLE FOREST BED

- [ ] 5.5–10 Gal Glass Tank or Vented Acrylic Habitat
- [ ] Organic Millipede/Isopod Soil or Reptile Soil (5–6" deep!)
- [ ] 2–3 Bags of Hardwood Leaf Litter (Magnolia, Sea Grape, Oak)
- [ ] Crumbly White-Rot Hardwood & Cork Bark Flats

MOISTURE, CALCIUM & CLEANUP

- [ ] Sphagnum Moss (for a damp hydration corner)
- [ ] Whole Cuttlebone & Pure Calcium Powder
- [ ] Spray Mister Bottle + Water Dechlorinator
- [ ] Live Springtail Culture (keeps mold away naturally!)

TREATS & SUPPLEMENTS

- [ ] Millipede & Isopod Mineral / Protein Chow
- [ ] Bee Pollen or Detritivore Gel Diet
- [ ] Small Feeding Dish (keeps squash slices off the wet dirt)

MY MILLIPEDE'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 5–10+ year commitment!

CRITTER CABANA & CASCADE PET SUPPLY • CARE GUIDE

Giant & Ornamental Millipedes

Narceus, Anadenobolus, Centrobolus & Orthoporus



The Quick Version: Unlike centipedes (which are fast predators that bite), millipedes are total sweethearts! They can't bite or sting, they glide across your hand like a tiny living train, and here's the wildest part: **their dirt and leaves ARE 80% of their food!**

QUICK VITAL STATS AT-A-GLANCE

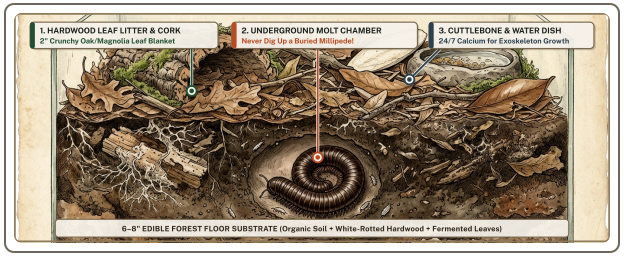
LIFESPAN **5–10+ Years**	ADULT SIZE **3–8 Inches**
TEMP RANGE **70°–78°F (Room)**	SOIL DEPTH **5–6" Edible Dirt**
SOCIAL **Love Friends!**	

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

STEP 1 • HABITAT & CLIMATE

Building an Edible Forest-Floor Setup

Big Rule: Never Use Plain Coco Fiber Alone — They Eat Their Dirt All Day!



Comfortable Room Temp
Room temp is great (add a tiny side heat pad only if <68°F)
70°–78°F

Deep Edible Soil
Must be at least as deep as your millipede is long!
5–6 Inches

Damp Like a Wrung Sponge
Moist soil for forest species; drier top layer for desert ones
65–80% RH

Cuttlebone in the Tank
They munch calcium non-stop to build all those leg rings!
24/7 Calcium

Dechlorinated Water
Always use dechlorinated or spring water when misting
0% Chlorine

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

Forest Millipedes vs. Desert Millipedes

We carry both humid woodland types (Ivory, Bumblebee, Thai Rainbow) and desert cruisers (Texas Gold, Arizona Chocolate):

OPTION A: FOREST MILLIPEDES (IVORY, BUMBLEBEE, SMOKEY OAK, SCARLET)
Keep the 5–6" soil and leaf bed damp like a wrung-out sponge from top to bottom, with 70–80% humidity.

OPTION B: DESERT MILLIPEDES (TEXAS GIANT GOLD, DESERT CHOCOLATE)
Keep the bottom 3" of soil damp so they can burrow down for moisture, but leave the top 2" and surface bark dry with good airflow!

What Goes in the Dirt? (Skip Plain Coco Coir!)

Big No-No: pure coconut fiber has zero nutrition and can clog up a millipede's gut if that's all they have to eat!

OPTION A: READY-MADE BIOACTIVE MILLIPEDE & ISOPOD SOIL
Use an organic millipede/isopod soil or peat-free reptile soil mixed heavy with crushed dead hardwood leaves and soft rotting wood.

OPTION B: OUR DIY FOREST-FLOOR RECIPE
Mix 60% organic reptile/topsoil + 20% crushed dead oak/magnolia leaves + 20% soft, crumbly white-rotted hardwood + crushed cuttlebone.

Tankmates: Friends vs. Risky Roommates

Millipedes are super peaceful and love hanging out in groups:

OPTION A: MILLIPEDE + SPRINGTAIL COMMUNITY (AWESOME!)
Keep several millipedes of similar moisture needs together, plus a culture of springtails to keep the tank clean and mold-free.

OPTION B: DON'T MIX BIG HUNGRY ISOPODS (LIKE DAIRY COWS!)
Keep fast-breeding, protein-hungry isopods in their own separate tub — hungry isopods can nibble on a soft millipede while it's molting underground!

STEP 3 • DIET & NUTRITION

The Millipede Menu: Leaves, Wood & Veggie Treats

80% Dead Hardwood Leaves & Rotting Wood • 15% Veggie Slices • 5% Calcium & Protein

80% Main Diet
In the Tank 24/7

Crunchy Dead Hardwood Leaves & Soft Rotting Wood: Keep a 2" blanket of oak, magnolia, sea grape, or jackfruit leaves on top AND mixed into the dirt.

15% Veggies
1–2× Per Week

Squash, Cucumber & Mushrooms: Set a slice of zucchini, yellow squash, peeled cucumber, or mushroom on a little dish (pull leftovers after 24 hrs before they mold).

5% Calcium
Always Available

Cuttlebone & Isopod/Millipede Chow: Leave a chunk of white cuttlebone on the floor 24/7 and sprinkle a pinch of mineral/protein powder weekly.

Millipede Favorites on Our Shelves:

- **Hardwood Leaf Litter:** Magnolia, Sea Grape, Jackfruit, Oak leaves
- **Rotting White-Rot Wood:** Soft crumbly hardwood they munch from inside out
- **Millipede & Isopod Chow:** Morning wood/detritivore gel & bee pollen
- **Natural Cuttlebone:** Crucial calcium for growing new leg segments!

First-Week Rule: Give your new Giant & Ornamental Millipedes **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!