INSIDE FLAP • KEEPER HABITS

4 Keys to Long-Term Health

Small Daily Habits That Prevent 95% of Vet Visits

Warm Tub Soaks 2–3×/Week

Soak your tortoise in chin-deep warm water (85–88°F) in a dishpan for 15 minutes 2–3× a week. Don't panic when they pass toothpastey white 'urates' in the bath — that's normal tortoise pee!

Block Eye-Level Glass

If your tortoise is pacing one wall non-stop, tape a 5" strip of construction paper or vinyl around the bottom outside rim of the glass so they know where the wall stops.

Flip-Over Check

Tortoises love climbing everything! Sink their water dish flush with the dirt and keep steep log hides away from the direct center under the heat bulb so they can never flip upside-down under a hot lamp.

One Tortoise Per Table

Tortoises look peaceful, but two tortoises in one box will ram and bite each other's legs over territory. They are way happier living solo!

Calcium Sprinkle & Beak Trim: Lightly dust their morning greens 3× a week with **Pure Calcium (no D3)** and once a week with a herbivore multivitamin. Feeding on a flat rough rock trims their beak for you!

BACK COVER • TAKE THIS TO THE AISLE

Grab-and-Go Setup Checklist

WIDE TANK & DIGGING DIRT

- [ ] 40-Gal Breeder, 50-Gal Low-Boy Tank, or 36"×18" Glass Terrarium
- [ ] Reptisoil + Forest Floor Cypress / ReptiBark (4–5" deep!)
- [ ] Large Habba Hut Half-Log Hide & Rough Flat Slate Dinner Stone
- [ ] Wide Shallow Ramp Water Dish (easy to walk in & out)

SUNBEAM HEAT & STRONG UVB

- [ ] 10.0 / 12% Desert T5 HO Linear UVB Fixture & Bulb
- [ ] 75W–100W Basking Flood Bulb + Deep Ceramic Dome
- [ ] Digital Thermometer/Hygrometer & Automatic Light Timer

WEEDS, PELLETS & CALCIUM

- [ ] High-Fiber Grassland Tortoise Pellets & Herbal Gel Diet
- [ ] Dried Flower Salad Topper & Whole Cuttlebone
- [ ] Pure Reptile Calcium & Herbivore Multivitamin Dust

MY TORTOISE'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 50+ year generational commitment!

CRITTER CABANA & CASCADE PET SUPPLY • CARE GUIDE

Hermann's Tortoise

Testudo hermanni



The Quick Version: Want a tortoise that won't bulldoze your drywall like a 100-pound Sulcata? Hermann's Tortoises stay a super manageable 6 to 8 inches full-grown, have bold black-and-gold shells, and march right up to greet the person bringing the dandelion greens!

QUICK VITAL STATS AT-A-GLANCE

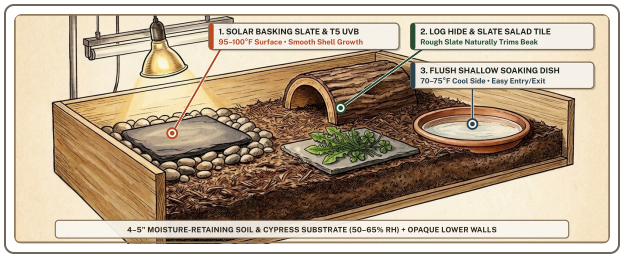
LIFESPAN **50–75+ Years!**	ADULT SIZE **6–8 Inches**
ACTIVE HOURS **Daytime (Diurnal)**	ADULT SPACE **40B / 50G Low-Boy+**
DIET **100% Weeds & Greens**	

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

STEP 1 • HABITAT & CLIMATE

Wide Walking Space, Strong UVB & Damp Digging Dirt

Floor Space Beats Height Every Time • Block Clear Glass at Eye Level!



Basking Slate Surface
Flat rock right under your flood lamp + UVB bar
95°–100°F

Warm Side Air Temp
Sunny Mediterranean meadow warmth
80°–86°F

Damp Lower Soil
Moist dirt underneath (50–65% RH) keeps shells smooth!
50–65% RH

Cool Grazing Side
With a shallow soaking dish sunk flush into the dirt
70°–75°F

Nighttime Temp Drop
Lights off at night; cool drop down to 62–70°F is great!
62°–70°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

Enclosure: Wide Glass Tank Setup vs. Summer Garden Pen

Tortoises are marathon walkers — and if they can see through clear glass, they'll bonk their nose trying to walk through it all day:

OPTION A: 40-GAL BREEDER, 50-GAL LOW-BOY, OR 36"×18" TERRARIUM (OUR TOP PICK)
Wide floor space gives them room to roam! Just tape a 5-inch strip of dark paper around the outside bottom rim so they don't pace the glass.

OPTION B: PREDATOR-PROOF OUTDOOR SUMMER PEN
On sunny Oregon/Washington summer days (70–85°F), a wire-topped garden pen with pesticide-free dandelions and shade bushes is paradise!

Bedding: Why We Ditch Bone-Dry Pellets!

Old books used to recommend dry rabbit pellets or sand — we now know bone-dry bedding is what causes bumpy 'pyramided' shells!

OPTION A: REPTISOIL + FOREST FLOOR CYPRESS / REPTIBARK (4–5" DEEP)
Holds gentle moisture underneath for burrowing while giving their feet firm traction so their legs grow strong.

OPTION B: REPTISOIL + ECO EARTH + FLAT SLATE DINNER TILE
Always serve greens on a rough flat piece of slate rock — scraping salad off stone files their beak down naturally so it never overgrows!

Sunbeam Lighting: Linear T5 HO UVB + Basking Flood Bulb

Tortoises need real, high-output UVB to build smooth, rock-hard shells:

OPTION A: LINEAR T5 HO 12% DESERT UVB BAR + BASKING FLOOD BULB (BEST!)
Covers a wide basking zone so their whole shell warms up under strong UV rays at once. Write the install date on the bulb base with a Sharpie and replace UVB every 6–12 months!

OPTION B: OVERLAPPING HEAT & UV OVER A FLAT BASKING STONE
Hang your basking dome and T5 UVB hood side-by-side 10–12" above a flat rock on the warm end of the tank.

STEP 3 • DIET & NUTRITION

The 100% Weed & Leafy Green Menu

Big No-No for Mediterranean Tortoises: Zero Fruit, Zero Dog Food, Zero Iceberg!

85% Daily Greens
Every Morning
Shell-Sized Pile of Dark Weeds & Greens: Dandelion greens & yellow flowers, collard, mustard, turnip greens, endive, escarole, plantain weed, clover, and hibiscus leaves.

15% Fiber Boost
2–3× Per Week
Soaked Grassland Tortoise Pellets & Flower Toppers: Soak high-fiber grassland pellets in warm water and mash them into their greens.

0% Sugar / Fruit
Strictly Avoid!
Why No Fruit for Hermann's? Unlike tropical Red-Foots, Mediterranean tortoises can't digest sugary strawberries or bananas — fruit ferments in their gut and causes parasite blooms!

Greens, Pellets & Toppers We Love:

- **Daily Staple Weeds/Greens:** Dandelion, collard, mustard, turnip, endive
- **Grassland Tortoise Chow:** Soaked timothy-hay & herbal fiber pellets
- **Dried Flower Toppers:** Hibiscus, dandelion & rose petals (they go crazy for red/yellow!)
- **Cuttlebone in the Pen:** Leave a whole white cuttlebone in the tank 24/7

First-Week Rule: Give your new Hermann's Tortoise **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!