INSIDE FLAP • KEEPER HABITS

4 Keys to Long-Term Health

Small Daily Habits That Prevent 95% of Vet Visits

Hold Over a Soft Surface

Because dwarf hamsters are fast and fearless, always hold them sitting down over your lap, a bed, or a playpen — a fall from standing height can seriously injure a 40-gram hamster.

Watch Water Intake

If your Russian Dwarf starts drinking a whole bottle of water fast and peeing constantly, double-check that all fruit, corn, and sugary treats are out of their diet.

Keep the Sand Bath Clean

If your dwarf looks greasy or stringy, their sand bath needs refreshing! Sift out any droppings or clumps every couple of days with a small strainer.

Wash Hands Before Taming

Dwarf hamsters have poor eyesight and navigate by smell. If your fingertips smell like dinner or soap, they'll do a polite 'test nibble' to see if you're a snack!

Why Did My Winter White Turn White? True Winter White Russian Dwarf hamsters (*Phodopus sungorus*) naturally moult from dark grey-brown to snow-white in autumn when daylight hours shorten — even indoors under Oregon winter window light!

BACK COVER • TAKE THIS TO THE AISLE

Grab-and-Go Setup Checklist

ESCAPE-PROOF TANK & BEDDING

- [ ] 20-Gal Long or 40-Gal Breeder Glass Tank + Locking Screen Lid
- [ ] Carefresh or Kaytee Clean & Cozy Paper Bedding (for 6–8" depth)
- [ ] Dust-Extracted Aspen Shavings + Soft Orchard Grass Hay
- [ ] Multi-Chamber Wooden Hideout, Cork Flats & Cardboard Tunnels

WHEEL, SAND BATH & CHEWS

- [ ] 8–10" Smooth Solid-Surface Upright Exercise Wheel
- [ ] Wide Ceramic Sand Bath Dish + Natural Bath Sand (No Dust!)
- [ ] Millet & Oat Foraging Sprays + Applewood Chew Twigs

SUGAR-FREE DIET & WATER

- [ ] Oxbow / Mazuri Lab Blocks + Low-Sugar Small-Seed Mix
- [ ] Freeze-Dried Mealworms (No Sugary Yogurt Drops!)
- [ ] Low-Mounted Water Bottle on Stand + Tiny Ceramic Dish

MY DWARF HAMSTER'S INFO & FEEDING LOG

Name / Morph: _____

Gotcha Date & Weight: _____

Current Diet & Daily Routine: _____

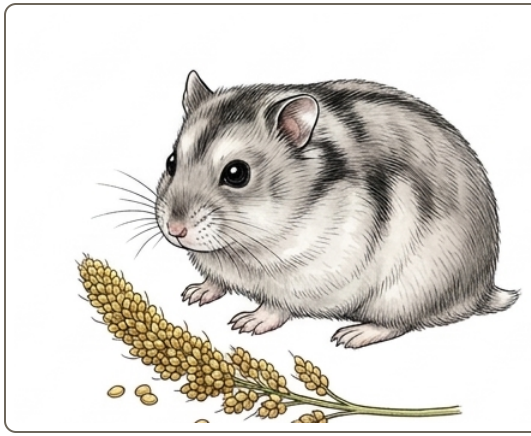
Critter Cabana & Cascade Pet Supply

Questions about habitat setup, nutrition, or bonding? Stop by or call our animal care team anytime — we're here for the full 1.5–2.5 year commitment!

CRITTER CABANA & CASCADE PET SUPPLY • CARE GUIDE

Russian Dwarf & Robo Hamster

Phodopus sungorus • P. campbelli • P. roborovskii



The Quick Version: Winter White, Campbell's Russian Dwarf, and tiny Roborovski ('Robo') hamsters are pint-sized bundles of speed from the Asian steppes! Unlike Syrians, they often pop out for quick daytime snacks — and because their furry little feet come from sandy deserts, a **big sand bath zone**, **6–8" of burrowing bedding**, and a **sugar-free diet** keep them healthy and happy.

QUICK VITAL STATS AT-A-GLANCE

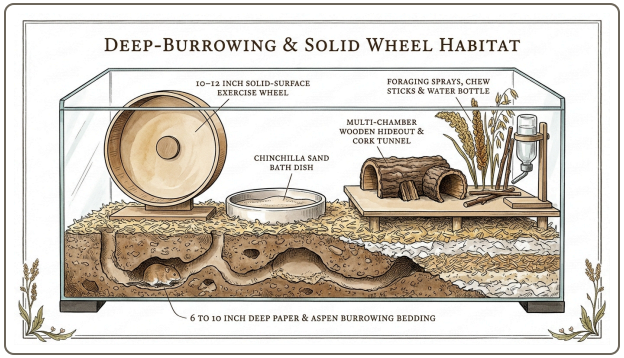
LIFESPAN **1.5–2.5 Years**	ADULT SIZE **2–4 Inches**
SOCIAL RULE **Best Kept Solitary (1)**	MIN ENCLOSURE **20L–40B Tank (450–650+ Sq In)**
WHEEL SIZE **8–10" Solid Surface**	

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

STEP 1 • HABITAT & CLIMATE

Escape-Proof Glass Tank, Deep Bedding & Sand Zone

Zero Wire Bars to Squeeze Through + 6–8" Bedding + Large Sand Bath Dish!



Ideal Room Temp
Comfortable indoor room away from drafts
65°–75°F

Bar Spacing Warning
Dwarfs squeeze through 1/2" bars — use a glass tank!
Tank Only

Bedding Depth
6–8" of paper & aspen holds intricate micro-tunnels
6–8" Deep

Wheel Diameter
8–10" smooth solid wheel (never wire or mesh)
8–10" Solid

Sand Bath Area
Essential for furry feet & oily dwarf hamster coats
24/7 Sand Dish

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: Glass Breeder Tank vs. Wire Bar Cages

Dwarf hamsters are master escape artists that can flatten their bodies like a coin and slip right through standard wire bars:

OPTION A: 20-GALLON LONG TO 40-GALLON BREEDER GLASS TANK + MESH LID (OUR TOP PICK!)
100% escape-proof, holds 6–8 inches of deep burrowing substrate, and gives you a front-row view of their tunnels and sand bath antics.

OPTION B: WHY WE RECOMMEND HOUSING DWARF HAMSTERS SINGLY
While books sometimes say dwarfs can live in pairs, in a home enclosure they frequently turn on each other once mature. Housing **one dwarf per tank** guarantees zero midnight fights!

The Big Desert Sand Bath & Tunnel Bedding

Dwarf hamsters have fur on the soles of their feet and oilier coats than Syrians — sand is a daily necessity, not a luxury:

OPTION A: BAKING DISH OR ACRYLIC TRAY FILLED WITH NATURAL SAND
Give them an 8"×6" dish of **natural calcium-free reptile sand or chinchilla bath sand** (skip dusty powder!). Roborovski hamsters love having up to 1/4 of their tank as a sand beach!

OPTION B: 6–8" PAPER BEDDING + TOILET PAPER ROLL STARTER TUNNELS
Bury cardboard tubes and a multi-chamber wooden hide underneath 6–8 inches of Carefresh or Clean & Cozy paper bedding to jump-start their burrows.

8–10" Solid Wheel & Cup-Taming Fast Little Sprinters

Dwarf hamsters move twice as fast as Syrians — especially tiny Roborovskis:

OPTION A: 8" TO 10" SMOOTH SOLID-SURFACE WHEEL
Tiny 4–5" starter wheels bend their spine, and flying-saucer discs can launch fast Robo hamsters into the glass! Use an 8–10" upright solid wheel.

OPTION B: THE CERAMIC MUG 'ELEVATOR' TRICK FOR HANDLING
Instead of chasing a fast dwarf from above like a hawk, let them walk into a ceramic mug or tunnel with a mealworm

STEP 3 • DIET & NUTRITION

Low-Sugar Diet (Diabetes Prevention for Dwarfs!)

Critical Dwarf Rule: Russian Dwarf Hamsters Are Prone to Diabetes — Skip Fruit, Corn & Yogurt Drops!

Daily Base
1 Tbsp / Day
Fortified Lab Block + Small-Seed Dwarf Mix (Millet, Flax, Canary Seed): Dwarf hamsters naturally eat tiny grass seeds rather than huge sun-dried fruits or sugary corn.

Protein Boost
3x Per Week
Freeze-Dried Mealworms or Crickets: High protein and healthy fats without any sugar spikes — also the #1 best treat for hand-taming!

Low-Sugar Greens
2–3x Per Week
Broccoli, Cucumber, Romaine, Zucchini, or Spinach Leaf: Stick strictly to green vegetables. **Skip fruit, carrots, corn, and honey/yogurt treats!**

Safe Dwarf Treats vs. Sugary Foods to Skip:

- **Best Taming Treats:** Freeze-dried mealworms, millet spray, pumpkin seed, sunflower seed
- **Safe Veggies:** Broccoli, cucumber, dandelion leaf, bok choy, green bell pepper
- **Skip (Diabetes Risk!):** Apples, bananas, berries, raisins, carrots, sweet corn, peas
- **Skip Store Junk:** Yogurt drops, honey-glued seed sticks, and colorful sugary puffs

First-Week Rule: Give your new Russian Dwarf & Robo Hamster **5 to 7 days of peace and quiet** with fresh food, hay, and water right away! Speak softly by the cage and offer hand-fed treats so they quickly learn your hands mean good things.