



Adult Bearded Dragon Care Guide

Presented by Custom Creatures Pet Shop

Basic Info

Species: *Pogona vitticeps*

Lifespan: 8-12+ years with proper care

Adult Size: 18-24 inches

Temperament: Calm, friendly, and interactive

Best for: Beginners and experienced reptile keepers alike

Enclosure Setup

Tank Size:

- Minimum 40-gallon tank (larger is always better)
- 75-120 gallon enclosures provide ideal space for adults

Lighting & Heating:

- Basking spot: 100-105°F
- Cool side: 75-85°F
- Night temps can safely drop to 65-70°F
- Provide 10-12 hours of UVB lighting daily (T5 HO UVB recommended)

Substrate:

- Safe options: tile, reptile carpet, newspaper, or excavator clay
- Avoid loose sand or calcium-based substrates due to impaction risk

Décor & Enrichment:

- Provide climbing branches, rocks, and multiple hides
- Ensure good ventilation and easy cleaning access

Diet & Feeding

Feeding Frequency:

- Adults: Feed once per day
- Protein 2-3x per week, greens daily

Primary Foods:

- Live insects: dubia roaches, hornworms, black soldier fly larvae
- Vegetables: collard greens, dandelion, mustard greens, squash, bell peppers
- Occasional fruit: blueberries, mango, apple slices

Supplements:

- Calcium with D3: 2-3 times/week
- Multivitamin: once/week
- Dust insects lightly - not excessively

Water & Hydration:

- Provide a clean, shallow dish at all times
- Occasional soaks help with hydration and shedding

Handling & Behavior

Socialization:

- Adults generally tolerate and enjoy handling
- Always support their entire body and be gentle

Enrichment:

- Let them explore safe rooms or bask by a window (supervised)
- Use varied enclosure décor to encourage activity

Health Signs to Watch For:

- Loss of appetite, lethargy, bloating, sunken eyes, black beard
- Seek a reptile vet for concerning symptoms

Supplies Checklist

- Large enclosure (minimum 40 gallons)
- Basking bulb and UVB bulb
- Thermometers (digital or temp gun)
- High-quality calcium & vitamin supplements
- Food and water dishes
- Reptile-safe disinfectant for cleaning
- Regular supply of fresh greens and feeder insects

Contact Us

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We're here to help!