

# Sulcata Tortoises 101

## DIET

- 90% Dark leafy greens like Mustard greens, Kale, Endive and Bermuda grass (most lawns are Bermuda grass). **The Grassland food is an excellent staple (link to food)**
- 10% of diet can be fruit and vegetables like apples, squash and pumpkin
- AVOID Spinach, iceberg lettuce and any animal protein

## VITAMINS AND SUPPLEMENTS

- Because captive raised Sulcatas don't have access to natural sunlight and a natural diet, some supplement is needed.
- **Calcium w/D3 is critical in promoting healthy shell growth. (VITAMINS AND CALCIUM)**
- **A Reptivite supplement will ensure they consume the vitamins and minerals critical to a healthy happy Sulcata. (LINK TO VITAMINS AND CALCIUM)**

## ENCLOSURE FOR HATCHLINGS

- 10-30 gallon terrarium to be used in temperatures where night is below 60 degrees
- Cypress mulch is great for them to walk around on
- **The tortoise house or tortoise play pen is a great start (LINK TO HABITATS)**
- Can be housed outside from end of May through early October in a SAFE enclosure with access to plenty of sun AND shade.
- Visit my Facebook site to see how I care for my adults all year (link to Facebook)

**SULCATAS DO NOT HIBERNATE!!!**

## HEATING AND LIGHTING - REQUIRED

- **Must have access to a UVB light 10-12 hrs/day. 5.0 or 10.0. (LINK TO LIGHTING)**
- Must have a heat lamp that will allow for a portion of the cage to be 100 degrees (link to heat and basking).
- If housed outdoors May-October, no heating or lighting is needed as long as night temperatures are above 55 and day time above 75 degrees. Habitat heater is highly recommended when house outdoors (link to habitat heater).

\*\*\*This is my best attempt to give you the KEY INFORMATION in keeping a Sulcata. If you'd like more details on any one topic, please visit [www.sulcata-station.org](http://www.sulcata-station.org) I highly recommend this site and value their opinion as it relates to the topics above.