



**Fun fact** ↪ Bearded dragons get their names from their defense mechanisms.

# Bearded Dragons at a Glance

Difficulty of care: **Beginner**

Average lifespan: **8–10 years with proper care**

Average adult size: **Up to 24 inches long, with half of this length being their tail**

Diet: **Omnivorous**

Minimum habitat size: **20 gallons for juveniles, 40+ gallons for adults**

Temperature: **Cool temperatures 75 F, warm temps up to 100 F**

Humidity: **30–50%**



## Tank Setup & Maintenance

- Bearded dragons should have at least a 20-gallon habitat for juveniles and a minimum 40-gallon enclosure for adults.
- Temperatures should be at least 75 F for the cooler side and no more than 100 F on the warmer side. Use two thermometers—one on the cold side and one on the warm—to check temperatures daily.
- Use food dishes at mealtimes to help them avoid eating substrate or reptile carpet, which can harm their GI tract.
- Add an incandescent light or ceramic heater and UV lighting to help your bearded dragon regulate their body temperature.
- Humidity should stay between 30–50% to keep the skin and lungs healthy.



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## Supply Checklist

- Appropriately sized habitat
- Heat light and a heat fixture
- UVB lighting and fixture
- Food and water dishes
- Bearded dragon food, live reptile food, and treats
- Substrate
- Moss
- Hideaway places
- Climbing décor and basking rocks
- Plants
- Humidity gauge
- Under-tank heater
- A cricket keeper, cricket food, and cricket quencher
- Multivitamin and calcium supplements
- Mister



# Handling

Wash your hands thoroughly before and after handling your bearded dragon or anything in their enclosure. Bearded dragons and all pet reptiles could potentially carry infectious diseases, such as Salmonella.

Place one hand into the enclosure and use your pointer finger to lightly tap under their chin, encouraging them to walk up your arm. If they don't come, use your free hand to pick them up and place them on your opposite arm. Avoid grabbing them by the belly, leaving their legs exposed.

Limit handling to 10–15 minutes each session, a few times a day, and never after mealtime, as that can upset their digestion.

## Diet

Juvenile bearded dragons need an insect-heavy diet. Feed them a mix of gut-loaded insects, including a variety of worms, crickets, and roaches.

Adult bearded dragons need 20–30% of their diet to include insects, with the majority going to fruits and vegetables for a veggie-focused diet.

## Health

Healthy bearded dragons should have clear, clean eyes, not sunken or swollen eyes. If there is any discharge around the vent, lumps, bumps, or you notice any abnormalities, call your vet right away. Also, reach out if your beardie refuses food or isn't eating regularly.

## Fun fact

Bearded dragons can flare out the skin underneath their chin. When it darkens, it resembles a beard.

