

# russian tortoise care sheet



## habitat

If you house your Russian Tortoise in a terrarium, a minimum size of 75 gallons is required. Specifically made tortoise terrariums are a better option than your typical reptile terrarium as they maintain proper ventilation and humidity better. A visual barrier may be needed for the glass as tortoises generally do not grasp the concept of glass, and often they will keep trying to go through it. The ideal substrate is a 50/50 mixture of sand and coconut fiber. Russian Tortoises live in very arid conditions but their burrows can have up to 70% humidity. Alfalfa pellets are easy to clean but generally is consider a poor substrate as it dries out your tortoises and is too high of protein (tortoises love to eat it).

## lighting

Provide a basking lamp. UVB Lighting is essential.

## temperature

Temperature should range from 68 at night, 75 to 85F during the day. Provide a basking spot that is in the high 80sF. Humidity should be 60%. Mist 2 to 3x per day.

## diet

High Fiber low protein Diet. ZooMed Grassland Tortoise is an excellent maintenance diet. Grasses, kale, clover, hibiscus leaves and flowers, alfalfa, hay, red leaf lettuce, romaine lettuce, rose petals, and sow thistle.

## shopping list

- glass aquarium (10 - 40 gal)
- food supplements
- food and water dish
- vitamin and calcium supplement
- hiding box
- incandescent light or ceramic heater
- misting bottle
- full spectrum fluorescent light
- undertank heater
- thermometer
- humidity gauge
- book about tortoises

## fun facts

### average size

**females** 8 to 10 inches **males** 6 to 8 inches

### average life span

50 to 75 years

### misc. information

active at night

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