



KEEPING MEDITERRANEAN TORTOISES 10 DO'S AND 10 DON'T'S

- **DO** feed your tortoise a **natural diet** comprising of weeds and flowers.
- **DO** provide **calcium carbonate** to tortoises. Especially babies, breeding females and the elderly.
- **DO** give your tortoise access to a **dry light shelter during cold or wet weather** and allow access to outdoors, natural sunlight or **UVB heat** lamps
- **DO** allow females access to **nesting mounds** and keep aggressive **males and female separate to avoid stress** to animals.
- **DO** create an **interesting environment** for tortoises to live in
- **DO** make sure your tortoise **enclosures are secure** and **ID** your tortoise
- **DO** give you tortoise access to **bathing** and **drinking water**
 - 10-15 minutes bathing in warm water
 - should be able to put its head under the water to drink
- **DO** make sure a tortoise **visits a vet** at least once per year for a general health check and worming (Please ask for recommended vets.)
- **DO check your tortoise** thoroughly for signs of damage injury or disease once a week and weigh your tortoise in grams at least once a month. Keep a record of date and weight.
- **DO hibernate all med torts** but only for a short time 10 -20 weeks adults
8-10 weeks babies 8-10 weeks elderly for sick or underweight
(If unsure please consult a vet when you go for a pre hibernation check up)

- **DON'T** over feed your tortoise. **One meal a day** or access to natural grazing is enough.
- **DON'T** feed your tortoise with **cat or dog food**. High protein diets are lethal to torts
- **DON'T** feed only **tomatoes cucumber and lettuce**. Sugary fruits or cabbage.
-IT'S JUNK FOOD!
- **DON'T** leave your tortoise in a **damp cold environment**.
- **DON'T** keep you tortoise **permanently indoors**. Allow access to outdoors during periods of warm weather.
- **DON'T** leave your tortoise and **pet dog unattended**.
- **DON'T** allow your tortoise **free access to a garden pond**
- **DON'T prevent** a healthy tortoise, even babies from **hibernating**. Hibernation is an important biological process.
- **DON'T** use **hay or straw as a bedding** material.
- **DON'T oil, polish or drill your tortoises** shell