



KEEPING MEDITERRANEAN TORTOISES 10 DOs AND 10 DON'Ts

- **DO** feed your tortoise a **natural diet** comprising mostly weeds and flowers.
- **DO** provide **calcium carbonate** to tortoises, plus, ideally, Nutrobal vitamin supplement, especially for 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 combo 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 indoor and outdoor environment** with lots of space for a tortoise to exercise and explore. (Review and extend setup as tortoise grows).
- **DO** make sure your tortoise **enclosures are secure** and photo **ID** your tortoise
- **DO** give your tortoise access to **bathing** and **drinking water** (15-20 minutes bath in warm water and 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 healthy med. torts.** for a short time and check regularly. 12-14 weeks for adults/6 - 8 weeks babies/very elderly.(note: shorter for some species). Sick or underweight tortoises should be kept awake throughout winter.
(If unsure always 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 tortoises.
- **DON'T** feed only **tomatoes cucumber and lettuce**, sugary fruits or vegetables, especially from cabbage or bean family **IT'S JUNK FOOD!**
- **DON'T** leave your tortoise in a **damp cold environment**.
- **DON'T** keep your tortoise **permanently indoors**. Allow access to outdoors during periods of warm weather to benefit from natural UV sunshine in secure garden.
- **DON'T** leave your tortoise and **pet dog unattended**.
- **DON'T** allow your tortoise **free access to a garden pond**
- **DON'T let your tortoise get too cold or hot in hibernation, 4c to 8c is perfect. Regularly check temp and condition. (See hibernation care sheet)**
- **DON'T** use **hay or straw as a bedding** material.
- **DON'T oil, polish or drill your tortoises** shell

For further information, including free care sheets, please visit

www.tortoiseclub.org