



INFORMATION GUIDE – YOUNG MEDITERRANEAN TORTOISES

THE BASIC SETUP KIT - ESSENTIAL SHOPPING LIST

All items are available for purchase from the members club shop upon request.

- UV heat bulb 100 watt – Arcadia 100watt UVB heat combi bulb
- Ceramic clamp lamp to hold the bulb.
- Time clock set to 10–12 hours per day.
- poly box for hibernation
- Temp probe (ideally max min).
- Basic digital scales which weigh in increments of 1g,
- Nutrobal vitamin and calcium supplement
- Washing up bowl or margarine tub (depending on tort size).
- Tamodine wash, (small drop in water and brush clean once a week. Rinse with water)
- Tooth brush for cleaning tortoise in corners ideal!
- some edible plants / seed,
- Care book such as Andy and Nadine Highfield Beginners guide to keeping med torts around £5.00 from www.amazon.com

INITIAL CARE

First 10 days bath tortoise everyday in luke warm water for 15 – 20 minutes. This encourages tortoise to be active and not become dehydrated from the stress of a new environment. Bath 2 -3 times a week after this ideally before feeding to raise temp and in turn encourage feeding.

COMMON SENSE

Enjoy observing your tortoise, but also ask yourself questions.

- If tortoise hides in a corner – Is tortoise too cold?
- If tortoise refuses to eat – Is tortoise cold or show unusual signs, which mean it may be ill?
- If tortoise's shell begins to ridge or appear very plastic looking – Is tortoise growing too fast or not getting enough access to outdoors and natural sunlight? Do I need to cut back on meals?
- Tortoise found upside down – do I need to change something in the tortoise setup?

If unsure consult a knowledgeable vet, specialist forum or come along to tortoise club meeting.

INDOOR SETUP

- Keep tortoise on a 40/60 sand soil mix around 5-6 inches deep. Keep soil loose to allow tortoise to burrow. Give access to hides with pieces of wood. Decoration with edible plants can also be good.
- Heat lamp - Aim to have lamp on between 8 – 12 hours a day. Ideally when you are around to make sure tortoise does not turn on back.
- Keep area under lamp simple to avoid overturned tortoises from overheating under lamp.
- Cover indoor and outdoor tray/run with mesh if there is a risk of dogs, cats, mice or rats.
- Maintain a moist/damp sand soil substrate by spraying water and pouring water from a jug every few days or everyday if required.
- Clear away dried up weeds, poo pick and clean water bowl with Tamodine as required. Do a full substrate change every 3 months.

FEEDING

- Feed tortoise on slate or similar to avoid ingestion of substrate to avoid internal blockage.
- Give a light dusting of Nutrobal on every meal (tropical species also require vionate)
- Give a small handful of weeds, edible plants and access to fresh water every day.
Give your tortoise as much variety as possible. You can find lot of lists available online or through your local club **TOP TIP:** use 'Google Image' internet tool to expand your knowledge of the many edible plants which are good for tortoises to eat.
- Give access to a shallow bowl of calcium granules and chalk lump in run. Also ensure there is access to shallow water dishes, moist substrate sand/ soil substrate and regular baths to avoid internal calcium blockage.

OUTDOORS

- Allow your tortoise access to a safe outdoor enclosure where ever possible, as natural sunlight is the best way for a tortoise to obtain vital vitamin D3 from the sun.
- Setup design help can be found online with websites mentioned below. Initially a solid edged rabbit ark can work well as long as on level soil and not all grass and in a sunny spot. A cold frame or similar will also be required.
- The edge of any tortoise setup must be solid in construction. A tortoise will spend all day trying to escape through glass or mesh. Causing stress and often harm to themselves in the process. Whether metal, wood or brick perimeters must be double the length of the tortoise. Corners should ideally be covered to prevent escape through climbing. Always remember not to place climbing aids such as pots close to the edge of open topped runs.
- Ideally you should aim to buy a cold frame or green house and create a run in a sunny spot within your garden.
- Pay particular attention to 10 dos and don't care sheets and aim to read as much as possible about new pet through websites and books suggested. If you still have questions please don't hesitate to contact your local club, knowledgeable tortoise vet or online forum for further help and advice.

RECOMMENDED WEBSITES

- www.tlady.clara.net – user friendly information – great printable edible tortoise weeds guide
- www.tortoiseclub.org – Care sheets and Norfolk based club meetings
- www.tortoisetrust.org – Largest UK organization– Good for care sheets, articles and books
- www.shelledwarriors.co.uk - online forum

LOCAL NORFOLK BASED VETS – WITH EXPERIENCE IN TORTOISES – (*others upon request*)

- **Toll Barns Vets**, Heath Rd, North Walsham NR28 0JB T: 01692 407126
- **Uplands Way Veterinary Clinic**, Uplands Way Diss, Norfolk IP22 4DF T: 01379 642 865
- **Animates Vets**, 4 Stamford Rd, Peterborough PE6 8AB T: 01778 380111

PET INSURANCE

Unforeseen illness can be costly, so insurance or a savings account is highly recommended. Club membership allows first point support for non-urgent tortoise concerns. To learn more about joining please visit the website link below.

Happy Tortoise Keeping!