



Leopard Gecko Diet and Care Recommendations

GENERAL INFORMATION

Wild leopard geckos live in the dry, rocky habitats of Pakistan, Western India, and Afghanistan. They are crepuscular, meaning they are most active during the night but will come out during the day to bask.

DIET

100% of your gecko's diet should be crickets gut-loaded with T-Rex Calcium plus or ILF formula. Phoenix worms and silkworms may also be used, and are available for purchase on-line.

ENVIRONMENT

Leopard geckos should be kept in a cage that provides them with plenty of space to move around, climb, and hide.

Lighting: Leopard geckos require a specific wavelength of light called UVB. It is required for the proper absorption of calcium. We recommend using a full-spectrum bulb, **the Reptisun 5.0 or 10.0, manufactured by ZooMed**. Leave UVB bulbs on for 14 hours a day, and make sure that the bulb is not filtered through glass or plastic. These bulbs need to be changed every 6 months because their effectiveness as a UVB light emitter decreases over time.

Heat: Use ceramic heat bulbs. The temperature gradient should be 88-90°F on the hot end and 70-75°F on the cool end. Keep a thermometer at basking level on the hot end of the enclosure, and at ground level on the cool end. Never use heat rocks or heating pads, as they can cause severe burns.

Substrate: Use a paper-based bedding, such as Carefresh or Yesterday's News, or coconut fiber. Avoid all types of sand, including calcisand. Sands can be ingested, causing blockages in the intestines.

Moisture: Leopard geckos live in dry environments, so misting is not required. Provide a shallow dish of water for soaking and defecating. Change the water daily.

Furniture: Leopard geckos hide for most of the day. Provide multiple hiding places.

MEDICAL CARE

An annual exam performed by a veterinarian is recommended for proper care. Your veterinarian can advise you if any additional testing is required.