

Monday

13 ANIMALS TO FEED · 17 TO CHECK · TICK AS YOU GO

ANIMAL	FOOD	POWDER	WATER & MISTING
☐ Bearded dragon	Fresh greens	CALCIUM, NO D3	Fresh water in the bowl
☐ Tortoise	1 small handful dry tortoise pellets	CALCIUM, NO D3	Fresh water in the bowl
☐ White's tree frogs both of them	No food today	—	Fresh water in the bowl Mist the enclosure
☐ Hedgehogs	Top the kibble bowl up	—	Check the water bottle
☐ Bosc monitor	10 brown crickets	CALCIUM + D3	Fresh water in the bowl Mist the enclosure
☐ Sugar gliders 3 enclosures, one split into two	2 packets of GREEN SGS2 between them all	—	Check the water bottle
☐ Iguana	Fresh greens	CALCIUM, NO D3	Fresh water in the bowl Mist the enclosure
☐ Chameleons these amounts are per enclosure	6 L or XL locusts	CALCIUM + D3	Mist the enclosure
☐ Leopard geckos all of them	No food today	—	Change the water in the bowl
☐ Crested geckos all of them	Repashy powder mixed with water	—	Fresh water in the bowl Mist the enclosure
☐ Leachianus gecko	Repashy powder mixed with water	—	Fresh water in the bowl Mist the enclosure
☐ Guinea pigs and skinny pigs	Top the dry food bowl up	—	Check the water bottle
☐ Rabbits	Top the dry food bowl up	—	Fresh water in the bowl
☐ Royal pythons Custard and Eileen	No food today	—	Fresh water in the bowl
☐ Blue tongued skink	No food today	—	Fresh water in the bowl
☐ Fish	1 small pinch of food	—	—
☐ Turtles bedroom and utility room	Bedroom: 1 large handful of shrimp or pellets. Utility room: 1 small pinch of shrimp or pellets	—	—

Tuesday

16 ANIMALS TO FEED · 17 TO CHECK · TICK AS YOU GO

ANIMAL	FOOD	POWDER	WATER & MISTING
☐ Bearded dragon	5 XL locusts	CALCIUM, NO D3	Fresh water in the bowl
☐ Tortoise	1 small handful dry tortoise pellets	CALCIUM + D3	Fresh water in the bowl
☐ White's tree frogs <i>both of them</i>	8 M or L locusts or brown crickets	CALCIUM + D3	Fresh water in the bowl Mist the enclosure
☐ Hedgehogs	Top the kibble bowl up	—	Check the water bottle
☐ Bosc monitor	4 M, L or XL locusts	CALCIUM, NO D3	Fresh water in the bowl
☐ Sugar gliders <i>3 enclosures, one split into two</i>	2 packets of SILVER SGS2 between them all	—	Check the water bottle
☐ Iguana	Fresh greens	CALCIUM + D3	Fresh water in the bowl Mist the enclosure
☐ Chameleons <i>these amounts are per enclosure</i>	4 L or XL locusts	CALCIUM, NO D3	Mist the enclosure
☐ Leopard geckos <i>all of them</i>	10 M, L or XL locusts	CALCIUM + D3	Change the water in the bowl
☐ Crested geckos <i>all of them</i>	Repashy powder mixed with water	—	Fresh water in the bowl Mist the enclosure
☐ Leachianus gecko	Repashy powder mixed with water	—	Fresh water in the bowl Mist the enclosure
☐ Guinea pigs and skinny pigs	Top the dry food bowl up, plus 1 handful of fresh veg	—	Check the water bottle
☐ Rabbits	Top the dry food bowl up, plus 1 handful of fresh veg	—	Fresh water in the bowl
☐ Royal pythons <i>Custard and Eileen</i>	No food today	—	Fresh water in the bowl
☐ Blue tongued skink	1 handful of fresh veg	CALCIUM + D3	Fresh water in the bowl
☐ Fish	1 small pinch of food	—	—
☐ Turtles <i>bedroom and utility room</i>	Bedroom: 1 large handful of shrimp or pellets. Utility room: 1 small pinch of shrimp or pellets	—	—

Wednesday

16 ANIMALS TO FEED · 17 TO CHECK · TICK AS YOU GO

ANIMAL	FOOD	POWDER	WATER & MISTING
☐ Bearded dragon	Fresh greens	—	Fresh water in the bowl
☐ Tortoise	1 small handful fresh veg	CALCIUM, NO D3	Fresh water in the bowl
☐ White's tree frogs both of them	6 M or L locusts or brown crickets	CALCIUM, NO D3	Fresh water in the bowl Mist the enclosure
☐ Hedgehogs	Top the kibble bowl up	—	Check the water bottle
☐ Bosc monitor	6 brown crickets	CALCIUM + D3	Fresh water in the bowl
☐ Sugar gliders 3 enclosures, one split into two	2 packets of GREEN SGS2 between them all	—	Check the water bottle
☐ Iguana	Fresh greens	CALCIUM, NO D3	Fresh water in the bowl Mist the enclosure
☐ Chameleons these amounts are per enclosure	4 L or XL locusts	MULTIVITAMIN	Mist the enclosure
☐ Leopard geckos all of them	15 brown crickets	CALCIUM, NO D3	Change the water in the bowl
☐ Crested geckos all of them	Repashy powder mixed with water	—	Fresh water in the bowl Mist the enclosure
☐ Leachianus gecko	Repashy powder mixed with water	—	Fresh water in the bowl Mist the enclosure
☐ Guinea pigs and skinny pigs	Top the dry food bowl up	—	Check the water bottle
☐ Rabbits	Top the dry food bowl up	—	Fresh water in the bowl
☐ Royal pythons Custard and Eileen	No food today	—	Fresh water in the bowl
	Get the rat and mouse out of the garden room freezer today to defrost, ready for tomorrow.		
☐ Blue tongued skink	1 packet of wet cat food, from the garden room fridge	—	Fresh water in the bowl
☐ Fish	1 small pinch of food	—	—
☐ Turtles bedroom and utility room	Bedroom: 1 large handful of shrimp or pellets. Utility room: 1 small pinch of shrimp or pellets	—	—

Thursday

15 ANIMALS TO FEED · 17 TO CHECK · TICK AS YOU GO

ANIMAL	FOOD	POWDER	WATER & MISTING
☐ Bearded dragon	5 XL locusts	CALCIUM + D3	Fresh water in the bowl
☐ Tortoise	1 small handful dry tortoise pellets	CALCIUM, NO D3	Fresh water in the bowl
☐ White's tree frogs both of them	No food today	—	Fresh water in the bowl Mist the enclosure
☐ Hedgehogs	Top the kibble bowl up	—	Check the water bottle
☐ Bosc monitor	4 M, L or XL locusts	CALCIUM, NO D3	Fresh water in the bowl
☐ Sugar gliders 3 enclosures, one split into two	1 small handful of glider pellets per enclosure	—	Check the water bottle
☐ Iguana	Fresh greens	CALCIUM, NO D3	Fresh water in the bowl Mist the enclosure
☐ Chameleons these amounts are per enclosure	6 L or XL locusts	CALCIUM + D3	Mist the enclosure
☐ Leopard geckos all of them	No food today	—	Change the water in the bowl
☐ Crested geckos all of them	Repashy powder mixed with water	—	Fresh water in the bowl Mist the enclosure
☐ Leachianus gecko	Repashy powder mixed with water	—	Fresh water in the bowl Mist the enclosure
☐ Guinea pigs and skinny pigs	Top the dry food bowl up, plus 1 handful of fresh veg	—	Check the water bottle
☐ Rabbits	Top the dry food bowl up, plus 1 handful of fresh veg	—	Fresh water in the bowl
☐ Royal pythons Custard and Eileen	Custard: 1 large rat. Eileen: 1 small mouse. Both fully defrosted	—	Fresh water in the bowl Mist the enclosure
Only feed day of the week. Make sure both are properly thawed, and do not swap the two.			
☐ Blue tongued skink	1 handful of fresh veg	CALCIUM + D3	Fresh water in the bowl
☐ Fish	1 small pinch of food	—	—
☐ Turtles bedroom and utility room	Bedroom: 1 large handful of shrimp or pellets. Utility room: 1 small pinch of shrimp or pellets	—	—

Friday

16 ANIMALS TO FEED · 17 TO CHECK · TICK AS YOU GO

ANIMAL	FOOD	POWDER	WATER & MISTING
☐ Bearded dragon	Fresh greens	MULTIVITAMIN light dust over the greens	Fresh water in the bowl
☐ Tortoise	1 small handful dry tortoise pellets	CALCIUM + D3	Fresh water in the bowl
☐ White's tree frogs <i>both of them</i>	8 M or L locusts or brown crickets	CALCIUM + D3	Fresh water in the bowl Mist the enclosure
☐ Hedgehogs	Top the kibble bowl up	—	Check the water bottle
☐ Bosc monitor	10 brown crickets	CALCIUM + D3	Fresh water in the bowl Mist the enclosure
☐ Sugar gliders <i>3 enclosures, one split into two</i>	2 packets of GREEN SGS2 between them all	—	Check the water bottle
☐ Iguana	Fresh greens	CALCIUM + D3	Fresh water in the bowl Mist the enclosure
☐ Chameleons <i>these amounts are per enclosure</i>	4 L or XL locusts	CALCIUM, NO D3	Mist the enclosure
☐ Leopard geckos <i>all of them</i>	10 M, L or XL locusts	CALCIUM + D3	Change the water in the bowl
☐ Crested geckos <i>all of them</i>	Repashy powder mixed with water	—	Fresh water in the bowl Mist the enclosure
☐ Leachianus gecko	Repashy powder mixed with water	—	Fresh water in the bowl Mist the enclosure
☐ Guinea pigs and skinny pigs	Top the dry food bowl up	—	Check the water bottle
☐ Rabbits	Top the dry food bowl up	—	Fresh water in the bowl
☐ Royal pythons <i>Custard and Eileen</i>	No food today	—	Fresh water in the bowl
☐ Blue tongued skink	1 packet of wet cat food, from the garden room fridge	—	Fresh water in the bowl
☐ Fish	1 small pinch of food	—	—
☐ Turtles <i>bedroom and utility room</i>	Bedroom: 1 large handful of shrimp or pellets. Utility room: 1 small pinch of shrimp or pellets	—	—

Saturday

15 ANIMALS TO FEED · 17 TO CHECK · TICK AS YOU GO

ANIMAL	FOOD	POWDER	WATER & MISTING
☐ Bearded dragon	3 XL locusts	—	Fresh water in the bowl
☐ Tortoise	1 small handful fresh veg	CALCIUM, NO D3	Fresh water in the bowl
☐ White's tree frogs both of them	6 M or L locusts or brown crickets	CALCIUM, NO D3	Fresh water in the bowl Mist the enclosure
☐ Hedgehogs	Top the kibble bowl up	—	Check the water bottle
☐ Bosc monitor	4 M, L or XL locusts	CALCIUM + D3	Fresh water in the bowl
☐ Sugar gliders 3 enclosures, one split into two	2 packets of SILVER SGS2 between them all	—	Check the water bottle
☐ Iguana	Fresh greens	CALCIUM, NO D3	Fresh water in the bowl Mist the enclosure
☐ Chameleons these amounts are per enclosure	4 L or XL locusts	MULTIVITAMIN	Mist the enclosure
☐ Leopard geckos all of them	15 brown crickets	CALCIUM, NO D3	Change the water in the bowl
☐ Crested geckos all of them	6 M, L or XL locusts Locusts today, not Repashy	CALCIUM + D3	Fresh water in the bowl Mist the enclosure
☐ Leachianus gecko	2 M, L or XL locusts Locusts today, not Repashy	CALCIUM + D3	Fresh water in the bowl Mist the enclosure
☐ Guinea pigs and skinny pigs	Top the dry food bowl up, plus 1 handful of fresh veg	—	Check the water bottle
☐ Rabbits	Top the dry food bowl up, plus 1 handful of fresh veg	—	Fresh water in the bowl
☐ Royal pythons Custard and Eileen	No food today	—	Fresh water in the bowl
☐ Blue tongued skink	No food today	—	Fresh water in the bowl
☐ Fish	1 small pinch of food	—	—
☐ Turtles bedroom and utility room	Bedroom: 1 large handful of shrimp or pellets. Utility room: 1 small pinch of shrimp or pellets	—	—

Sunday

15 ANIMALS TO FEED · 17 TO CHECK · TICK AS YOU GO

ANIMAL	FOOD	POWDER	WATER & MISTING
☐ Bearded dragon	Fresh greens	—	Fresh water in the bowl
☐ Tortoise	1 small handful dry tortoise pellets	CALCIUM, NO D3	Fresh water in the bowl
☐ White's tree frogs <i>both of them</i>	4 M or L locusts or brown crickets	CALCIUM, NO D3	Fresh water in the bowl Mist the enclosure
☐ Hedgehogs	Top the kibble bowl up	—	Check the water bottle
☐ Bosc monitor	6 brown crickets	CALCIUM + D3	Fresh water in the bowl
☐ Sugar gliders <i>3 enclosures, one split into two</i>	1 small handful of glider pellets per enclosure	—	Check the water bottle
☐ Iguana	Fresh greens	CALCIUM, NO D3	Fresh water in the bowl Mist the enclosure
☐ Chameleons <i>these amounts are per enclosure</i>	6 L or XL locusts	CALCIUM + D3	Mist the enclosure
☐ Leopard geckos <i>all of them</i>	5 M, L or XL locusts	CALCIUM + D3	Change the water in the bowl
☐ Crested geckos <i>all of them</i>	Repashy powder mixed with water	—	Fresh water in the bowl Mist the enclosure
☐ Leachianus gecko	Repashy powder mixed with water	—	Fresh water in the bowl Mist the enclosure
☐ Guinea pigs and skinny pigs	Top the dry food bowl up	—	Check the water bottle
☐ Rabbits	Top the dry food bowl up	—	Fresh water in the bowl
☐ Royal pythons <i>Custard and Eileen</i>	No food today	—	Fresh water in the bowl
☐ Blue tongued skink	No food today	—	Fresh water in the bowl
☐ Fish	1 small pinch of food	—	—
☐ Turtles <i>bedroom and utility room</i>	Bedroom: 1 large handful of shrimp or pellets. Utility room: 1 small pinch of shrimp or pellets	—	—

How to do the three fiddly jobs

DUSTING · REPASHY · MISTING

Dusting insects

Coating live food in powder before it goes in. It's how the animals get their calcium, and it's the easiest thing to get wrong.

1. Count the insects for that animal into a clean tub or a sandwich bag. Just the portion being fed, never the whole tub of live food.
2. Check the pot label. **With D3 and without D3 look almost identical and are not swappable** — read it every single time.
3. Add a pinch of powder. A pinch is plenty; you're seasoning, not breading.
4. Lid on, swirl gently for a few seconds until the insects look faintly dusty. Chalky white lumps means too much — tip some off.
5. Tip them straight in. Insects groom the powder off within minutes, so dusted food left sitting about is just food.

Locusts and crickets nibble sleeping animals overnight. If several are still wandering about the next day, scoop out what you can before adding the new lot — and make a note, as it can mean an animal isn't eating.

Mixing Repashy

The powdered diet the crested geckos and the leachianus live on. Mixed fresh each time, thrown away the next day.

1. Work to **two parts water to one part powder**. Roughly a tablespoon of powder to two of water does the whole lot.
2. Use cool or room-temperature water. Not hot.
3. Stir hard until smooth, leave it a minute to thicken, then stir again. No dry lumps at the bottom — that's where the powder hides.
4. Aim for the consistency of ketchup. Too runny and they can't lap it; too stiff and they won't bother.
5. Half-fill the ledge dishes and put them back in their holders.
6. Take out yesterday's dish at the same time and wash it. It sours and grows mould within a day.

Don't worry if a dish looks barely touched. Geckos take a few licks at a time overnight, so a dish can look nearly full even when they've eaten well.

Misting

Spraying the enclosure with water. Most of these animals never drink from the bowl — they drink the droplets off the leaves and glass.

1. Fill the hand sprayer from the tap — tap water is fine. Let it stand a while or add a splash of warm, so it's not ice cold going onto them.
2. Spray leaves, plants, branches and the back wall until droplets sit on the surfaces. The droplets are the drink.
3. Aim above the animal and let it drift down. Don't spray anything in the face.
4. Keep the spray off bulbs, UV tubes, fittings and sockets. Water on a hot bulb can shatter it.
5. Damp, not swamp. The substrate should darken, not puddle.
6. Chameleons need the longest go — a minute or two of steady misting, so there's enough running water for them to drink.

Morning is the time to do it, so everything has the day to dry out again.

Everything else

READ THIS BIT FIRST

Thursday is snake day

1. On Thursday, get the rat and the mouse out of the garden room freezer. Nothing needs taking out the day before.
2. Put them straight into warm water to defrost. Warm from the tap, not boiling, and **never the microwave**.
3. Top the water up as it goes cold. The rat takes a fair bit longer than the mouse.
4. Check they're thawed right the way through before they go in — give the middle a squeeze, there should be no hard cold lump.
5. Feed while they're still warm. **Custard gets the large rat. Eileen gets the small mouse.** Don't swap them.

Sitting them in a sealed bag in the water keeps the fur dry, if you'd rather.

Every day, whatever else is on the list

- Fresh water in every bowl, and check every bottle actually drips when you touch the ball. **Tap water is fine** for bowls, bottles and the sprayer — nothing needs treating.
- Eyes on each animal: alert, moving, breathing normally.
- Check the heat and UV are on and the thermometers look normal.

Where everything is kept

Fresh veg and greens	Garden room fridge
Wet cat food	Garden room fridge
Frozen mice and rats	Garden room freezer
Live food and powder pots	On the table in the room
Repashy tub, spoon and mixing pots	On the table in the room
The sprayer	On the table in the room
Water to use in the sprayer	Tap water is fine

If anything's wrong, ring

Me	07748 656269
My mum	07876 766743
Trinity Vet Centre, Maidstone	01622 726730

Trinity are an exotics practice and know these animals. If you can't get hold of me, ring them yourself — don't sit on it.