



Hissing Cockroach Care Sheet

Species Name:

Gromphadorhina portentosa

Adult Size:

5-7cm

Lifespan:

1-2 years

Breeding Age:

3 months



Hissing cockroaches, scientifically known as *Gromphadorhina portentosa*, are fascinating creature's native to Madagascar. These large insects, often reaching up to 3 inches in length, boast a unique defence mechanism: emitting a loud hissing sound by expelling air through specialized respiratory openings. Despite their intimidating appearance, they are surprisingly gentle and are popular as pets and educational tools. Their omnivorous diet and hardy nature contribute to their resilience, making them adaptable to various environments. In captivity, they require warmth, humidity, and a suitable substrate. Hissing cockroaches serve as both intriguing subjects for study and captivating companions for enthusiasts worldwide.

Housing:

Enclosure: Hissing Cockroaches are terrestrial insects and require a spacious terrarium, most plastic breeding boxes have ample space for a small group.

Substrate: Using a substrate that retains moisture is important for this species, ideally a mix of orchid bark and a loose substrate like coconut coir or moss.

Temperature:

Provide a temperature gradient to allow your cockroaches to thermoregulate. The warm end of the enclosure should be 30°C with the cooler side of the terrarium being 21°C.

Use a heat source like a ceramic lamp or a heat mat for heating.

Night time temperatures can drop to 18-21°C.

Lighting:

Hissing Cockroaches do not require UVB lighting to survive, however they will benefit from a 10-12-hour day/night cycle.

Diet:

Feeding: Hissing Cockroaches feed on decaying matter in the terrarium, provide them with a wide range of fruit and vegetation and commercial bug diets to keep them happy and healthy.



Humidity and Hydration:

A humidity of 30-70% should be maintained.

Provide a shallow dish for drinking water or a dish with bug gel to allow the Cockroaches to drink droplets from the surface. Mist the enclosure occasionally to maintain humidity levels.

Enrichment and Handling:

Place hiding spots, rocks, and branches for climbing to create a stimulating environment.

Provide a secure hide for them to retreat and feel safe.

Health Considerations:

Regularly monitor for signs of illness, such as lethargy, changes in appetite, or difficulty shedding.

Quarantine new animals before introducing them to existing enclosures.

Remember that the care requirements for Hissing Cockroaches may vary slightly based on individual needs and species, so observe your animals behaviour and make adjustments accordingly. Always prioritize the well-being and health of your pet by providing a well-maintained and enriched environment.