Worm Care Sheet

Species Name:

Acheta domesticus

Adult Size:

20mm

Lifespan:

2-3 Months

Worms are a staple live food for herptiles, offering a nutritious diet rich in protein, calcium, and other essential nutrients crucial for reptiles and amphibians' health. Species like mealworms, superworms, and earthworms are commonly bred due to their high nutritional content and ease of cultivation. Their simple diet and rapid reproduction rates make them cost-effective and sustainable options for herptile owners. Additionally, worms can be gut-loaded to enhance their nutritional value further. However, proper hygiene and temperature control are essential to prevent contamination and ensure the worms' health. With appropriate care, worms provide an essential component of a balanced herptile diet.

Housing:

Enclosure: a large ventilated plastic container is suitable for all species of feeder worms.

Substrate: Use a dry substrate to mimic their natural habitat such as sand, dry coir, or bug grub can be used as a food source and a substrate.

Temperature:

Their enclosure should have a warm spot kept at 30°C and the ambient temperature should be kept at 25-38°C.

Like most animals they will benefit from a cooler night no lower than 20°C.

Mealworms can be kept in the fridge to ensure they last longer, make sure they are warmed through before feeding to your reptile.

Lighting:

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

Diet:

Feeding: Your worms are herbivorous, they will feed on wild plants such as dandelions, wild rocket, bindweed, and cat's ear. Alternatively, they will eat leafy greens, fruits, and commercial bug diets.

Humidity and Hydration:

A humidity of 30-60% should be maintained.

Provide a shallow dish for drinking water or a dish with bug gel to allow your crickets to drink droplets from the surface. Mist the enclosure occasionally to maintain humidity levels and aid in shedding.

Enrichment:

Worms do not require much enrichment. As long as there is a deep layer of substrate for them to burrow in they will be happy.