

Herman Tortoise

Testudo Hermanni

Herman tortoises are a woodland type of tortoise. They hibernate when kept outdoors and develop different complications when kept too humid or tropical. They are one of the prettier types, having defined black patterns, and sometimes a greenish or yellowish hue to their shells. Most Herman's will reach 5" for males and 7" for females.

Remember, tortoises are a lifetime commitment. Their age expectancy is 85+ years old.

Housing

Hatchlings, 2" - 4" in length, can be kept easily in **2'Wx12"Lx12"H**. Adults thrive in **5'Wx3'Lx2'H** enclosures or larger. It is always suggested that with more than one animal, you must think bigger than five-foot.

Most substrates that one can find in their backyard works very well on these tortoises. Mixing multiple types incorporates all of the positive aspects into one.

Soil, leaf litter, grass cuttings, mulch, aspen shavings.

They need a water dish, with water changes daily. When deciding what dish to use, make sure it's something your tortoise can easily crawl into. For hatchlings, you have very flat, small-lipped containers that they don't fall into. And, you want the water level to **ONLY** reach half way up their shell so they don't drown when fully inside. Tortoises do like hides. They need an area where they can escape the light if they choose to.

Temperatures

Daytime

95°F (hot side) and 70°F (cool side)

Nighttime

65°F is a good *minimum* nighttime temperature. This can be easily accomplished with an **UNDER** the tank heat pad under the area they go to sleep in.

Brumation should not be attempted indoors. Outdoors, Brumation will occur naturally if heat is not provided for them. Herman's are unforgiving to sudden drops in temperature. Many complications can surface. There are no long-term studies indicating health issues coming about when one does not brumate their tortoises.

Infrared Temperature Guns are very beneficial in keeping a healthy enclosure; they read the momentary surface and air temperatures. I highly recommend you invest in one.

UVB

ALL Tortoises need UVB florescent bulbs if they are not receiving natural (unfiltered) sunlight. UVB bulbs include;

Repti-sun 10.0, Power-suns 100 watts, Arcadia D3 + 10% T5 HO

Food

Their base diet is green vegetables.

Endive, escarole, dandelion greens, shredded cactus pads, baby kale, red leaf, green leaf, arugula and chicory leaf, oak leaf, mizuna, mustard leaf, frisee, berry leaves, grape leaves, radish greens

Root veggies, shredded, will add variety into their diet. Usually, I feed these out two to three times a week.

Yellow squash, banana squash, zucchini, yams or sun burst squash

There is a very large variety of flowers that are non-toxic. You must be aware of the source of your flowers. Food-grade flowers are hard to find. They must be non-fertilized and fully organic. Runoff from contaminated water can leach pesticides into the flowers.

Dandelion Flowers, Hibiscus, Roses, Dendrobium Sp. Of Orchid, Pansies, Carnations

Fruit should be fed moderately. Fruit is a treat. This between 10% of their diet. Fruit with a higher concentration of sugar and vitamin C should be fed in fewer quantities because it can cause diarrhea in high doses.

Fruit can have a high percentage of acid. *Do Not* feed oranges, lemons and limes.

Berries, Bell pepper, Tomatoes, Peaches and Nectarines, Watermelon, Mango, Cantaloupe

Do Not feed spinach, parsley, chard, iceberg lettuce or broccoli.

Do Not feed animal based protein (dog or cat food, bugs, meat)

Supplementation

Supplementation needs to be a Calcium (1.5% per serving) + Vitamin D3 (3,000 IU/KG)

Repashy Grassland Grazers, Zoo Med Repti Calcium *with* D3,
Mazuri tortoise diet (soaked), Repashy Superveggies.

For More Information, please visit our website :
<https://www.sunlandbreeders.com/care-sheets>