

- Therefore food offering should be minimized or eliminated for the period of the slough and handling only in necessary.
- Skinks will rub their nasal areas on something rough to initiate the slough, and will continuously rub themselves until complete.
- Skins should be examined and growth rate and vent scales should be counted and recorded for personal and submittable records.
- If problems occur and the skink is having problems shedding its old skin, you can soak the animal in a bucket of warm water for up to 2-hours.
- Manual aid can also be provided with problem skink but **extreme** care should be taken.
- If serious problems or concern occurs consult a veterinarian
- Skinks that soak themselves are not always getting ready to slough; mites, lice and ticks can also cause irritation.
- These external parasites are usually visible around the eyes, vent and under the scales.
- Skinks will separate their scales under UV and also in water in an attempt to rid themselves of this infestation.
- These problems can be addressed quickly by using a **Reptile Science Mite and Tick Spray**.
- Injuries, bacterial and fungal problems should be referred to a Veterinarian



COMMERCIAL FOODS:

- Zoomed Repti Cricket
- Zoomed Can O'Cricket
- Wombaroo Reptile Supplement
- Rep-Cal Bearded Dragon Food



Skink Lizards



Blue Tongued Lizard
(six commonly kept varieties)
Pink Tongued Lizard

Lizard Menu Meat and Insects		
Frozen Mice	Frozen Rats	Mealworms
Worms	Beetles	Crickets
Cockroaches	Moths	Grasshoppers
Lean Mince (Red Meat)	Boiled Egg (Chicken)	Snails (not near poisons)

Lizard Menu Vegetables			
Tomato	Pear	Figs	Cabbage
Banana	Peas	Alfalfa	Broccoli
Beans	Sprouts	Apple	Zucchini
Dandelions	Carrot	Melon	Squash
Cucumber	Strawberries	Grapes and Sultanas	Lettuce (outside leaves)

CAUTION:

- Exercise care when handling skinks, if the animal becomes stressed or is handled incorrectly they may drop their tails.
- Although the tail will grow back naturally, it will never be the same as the original and may not store as much fat required for a sufficient torpid period.

LICENCES AND REGULATIONS:

- To keep most species of lizard you must first obtain a RECREATIONAL WILDLIFE LICENCE (Reptiles), from the Queensland Parks and Wildlife Service.

ENCLOSURE:

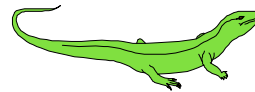
- Lizard enclosures vary depending on the requirements of the animal you wish to keep.
- Generally the majority of skinks can be kept in **URS Reptile Vivarium** starting from three-foot (90cm) long.
- Skink enclosures can never be too big.
- Although some members of the skink family have a lazy appearance they are all accomplished climbers and will escape through any lapse of enclosure security.
- Vivariums should be well ventilated to prevent over heating and keep humidity levels controlled.
- Easy access is essential for the skink enclosure for cleaning, feeding and retrieving.
- Several hides should be provided to reduce stress and an escape for nervous and/or scared lizards.

- Skink enclosures should mimic the animal's natural environment.
- Therefore substrates used will vary with the type of skink housed.
- **Zoomed Reptisand, ESU Reptile Desert Blend, and Ultimate Bush Flooring** are suitable substrates for use in skink enclosures.
- Basking logs and rocks should be placed in positions where they cannot be knocked or rolled over resulting in possible damage to the animal.
- Water bowls should be accessible at all times and should be deep enough to bath in yet not enough to drown the lizard.

HEATING:

- Heat sources should always be attached to a THERMOSTAT.
- NEVER OVERHEAT YOUR SKINKS.
- The thermostats probe should be placed directly under or above the heat source.
- This area should be kept at the highest temperature level your skink requires, so that a temperature gradient of about 5 degrees can be established in the enclosure.
- Water bowls should be positioned in the opposite corner to the heat source to prevent humidity build up, and aid the temperature gradient
- Depending on the species being kept, variations in minimum and maximum temperatures will occur. Conformation of these variants should be sought at the time of purchase.
- Skinks should be provided with a day and night variant in temperatures, the standard daytime temperature under the heat source should be between 28-30 degrees Celsius, and the nighttime temperature under the heat source should be between 26-28 degrees Celsius.
- To stimulate daytime conditions a **Zoomed Repti Basking Spot Lamp** should be used in conjunction with a UV source.

- To stimulate nighttime conditions one of the following or a combination of **Zoomed Nocturnal Infrared Heat Lamp, Zoomed Ceramic Infrared Heat Emitter, Zoomed Reptitherm U.T.H.** and **Habistat Heat Mats** should be used.
- **Zoomed Repticare Rock Heater's** are an excellent alternative for basking rocks, but the keeper should ensure that the surface does not become too hot.
- Heat rocks should be placed under a UV source, for maximum efficiency.
- Allowing skinks to enter a period of torpidity is recommended when mature.
- Immature and injured skinks should be kept warm and well fed throughout the winter.
- Care should be taken with the feeding regime so that NO undigested food remains in the digestive system when entering the cooling process, as undigested food will decay resulting in possibly fatal infections.
- Temperatures in the reptile enclosure should be maintained at 10-15 degrees Celsius to prevent chilling.
- This period generally starts around April and ends in September.



LIGHTING:

- UV lighting is essential for all species of skink.
- UV requirements vary from species to species and conformation should be sought upon purchase.
- UV light can be delivered through the new **Arcadia 23W D3 Compact Reptile Lamp**.
- UV light should be provided for 12-16 hours per day during the summer months and between 9-12 hours per day during the winter months.
- Natural sunlight is an excellent source of natural UV light in an outdoor enclosure.

CLEANING:

- Reptile safe cleaners such as **Reptile Science Cage Cleaner** should always be used when cleaning your reptile enclosure.

- Skinks must never be allowed to lie in soiled or wet substrates, as this can lead to numerous health problems.
- Enclosures and furniture should be cleaned weekly and excrement, regurgitated food and spilled water should be attended to immediately.
- Substrates should be changed regularly to prevent parasitic infestations.

FEEDING:

- Skinks eat a wide variety of fruits and vegetables as well as live and frozen high protein foods.
- A variety of these foods should be given in an 80(vegetables and fruits) – 20(high protein) mix.
- Feeding should occur every 2-3 days and skinks should be allowed to eat as much as they want.
- **Reptivite**, and/or **Rep-Cal Herptivite** vitamin supplements should be incorporated into the diet every second week to ensure that the skink is receiving the amount of vitamins required.
- Minced meat should be used sparingly and should be always fed with a vitamin supplement.
- Dog and Cat foods (non-fish varieties) should only be used as a last resort.
- Feeding should cease a month before the onset of the cooling process.

SLOUGHING:

- Some skinks will shed numerous times within the first year.
- This is a natural occurrence as most skinks have an accelerated growth pattern.
- Injuries and feeding regimes are the major factors influencing the sloughing process.
- The eyes become opaque and the skin appears cloudy before a slough, increased hiding and unwillingness to be fed or handled may also be observed at this time.