

# Care Guide

## Veiled Chameleon

Species: *Chamaeleo calyptratus*

Lifespan:

- Males: 6–10 years
- Females: 4–6 years (shorter lifespan due to egg-laying)

Adult Size:

- Males: 18–24 inches
- Females: 10–14 inches



### Enclosure

Vertical space is key! These are arboreal lizards that need height to thrive.

- Babies/Juveniles: 16x16x30"
- Adults: 24x24x48"

Type:

- Screen enclosures are best (well-ventilated!)
- Avoid glass — poor airflow = health issues

## Enclosure Setup

They don't want cuddles — they want plants and privacy.

- Live plants (pothos, hibiscus, ficus, etc.)
- Lots of vertical branches & vines for climbing
- Multiple basking spots at different heights
- Drip system and fogger for hydration

## Temps & Lighting


Veileds NEED UVB and heat to survive. No skipping this part.

### **Lighting** (12 hours/day):

- UVB bulb: T5 HO linear Reptisun 5.0 or Arcadia 6%
  - Replace every 6–12 months depending on brand
- Basking bulb: Halogen or incandescent, on a timer


### **Temps:**

- Basking spot: 90–100°F
- Ambient daytime: 72–82°F
  - Nighttime: 65–72°F
- Use thermostats and digital thermometers — no guessing!

 Don't use colored bulbs — they mess with their eyes

## Humidity & Hydration

- Ideal humidity: 50–70%
- Mist enclosure 2–3x daily
- Use a drip system or automatic misting system
- Offer a live plant to drink from — they don't recognize standing water bowls

 Pro tip: warm mist + ambient lighting = spa day for shedding

## Substrate

No need to get fancy here — bare bottom or paper towel is safest.

They don't need floor decor and can get impacted from eating substrate.



## Feeding

Veileds are insectivores.

Staple insects:

- Dubia roaches
  - Crickets
  - BSFL
- Hornworms (hydration boost!)
  - Silkworms

! Insects should be gut-loaded and dusted with supplements

Dusting schedule:

- Calcium (no D<sub>3</sub>): every feeding
- Calcium w/ D<sub>3</sub>: 1–2x/week
  - Multivitamin: 1x/week

Greens (offered a few times a week):

- Mustard, turnip, collard
- Dandelion, hibiscus leaves
- Avoid iceberg or citrus

## ✗ What Not to Do

- Don't cohabitate — they're territorial & will fight
- Don't handle often — they stress easily and will let you know it
  - Don't use standing water bowls
    - Don't skimp on UVB
- Don't leave feeders in overnight — crickets bite!
- Don't keep them in glass tanks — airflow matters

## 💡 Bonus Tips

- Females will lay eggs even without a mate — offer a lay bin if she's adult size
- They can go from "leaf" to "dragon" real quick — read their body language
- Keep handling minimal — let them be the mysterious jungle hermits they are
- Shedding can take a few days — mist more and let them do their thing