

Live Dubia Roaches Care Sheet

Place your roaches in a container with smooth sides so they can't escape plastic tubs, aquariums, etc. this will also keep other insects from entering!

Use a screen lid for an aquarium or cut a few holes in a plastic tub lid, covering it with screen or plastic mesh.

Add vertical / horizontal egg flats to give them hiding places, and to keep them up off of their droppings.

Keep your roaches warm (around 75 Degrees to 85 Degrees) and at least 60% humidity. Adult males will dehydrate rapidly through respiration from their wings.

A ceramic heat emitter or under tank heater can be used with a thermostat to maintain the temperature

The absolutely most easy and nutritious food for Dubia is Game bird feed that you can get at a local farm store and they also need water crystals or have Fruit like Oranges or Grapefruit for them to drink.

Roaches can also be fed oranges, protein-enriched bread, and ground Game bird feed. Offer water in the form of water crystals to prevent drowning.