



ARLGP FOSTER PROGRAM RESOURCES: Hamster Care Basics

Hammy education time!

Here's some things I'm thankful my critter expert friends shared with me when we first got our hamster:

SPACE is so important. Hamsters (no matter how small) need space to run. Those tiny, colorful plastic cages with the zillions of small tunnels? Avoid them. They simply aren't big enough and they're a royal pain to clean. Make a bin cage! I can explain that in another post another time. A large enough wheel - I think mine is 11 or 12in and my girl is pretty big. (Syrian hamsters are a decent size)

Bedding - paper bedding always! I have our current cage divided so she has a few different textures going on, but her sleeping side is *at least* 6in deep for her to burrow. If you're going to do shavings, aspen bedding is safe.

Sand - for bathing! Hamsters shouldn't get wet. I'll put the kind of sand I use in the comments. Honey likes to also pee in hers which makes cleaning easier. **NOT DUST. Hamsters aren't like chinchillas and if they ingest the dust it can essentially choke them. Also avoid the Tiny Friends Farm brand.

Food - avoid artificial colors. They don't need them and they don't benefit from them. Mazuri blocks are my girl's fave. We also do a little of the sunburst seed mix. She gets dried fruits and cranberries as treats with the occasional fresh veggies (though she doesn't love them as much as Hazel did) and even sometimes a little bit of plain chicken.

If you've read this far, thanks! If you have questions on how I built our cage, I can answer them! If you think I'm crazy for doing all of this for a rodent, I am - but she's a living being who spends all her time in a "box" and her quality of life is important to me & if I can get some more hammies into bigger houses, I'm cool with it.







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