



DAILY CARE ROUTINE

Daily Hamster Care Checklist



Tick a box each day. One sheet lasts a whole week. Hamsters sleep all day — the evening is their morning.

- Lives 2–3 years
- Awake at night
- One per cage
- 600+ sq in of floor space

Morning

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Fresh water

Check the bottle actually drips when you tap it.

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A spoon of hamster food

Scatter some in the bedding so they can forage.

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Quick look, no poking

Are they breathing? Curled up warm? Then leave them be.

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Daytime

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Let them sleep

Waking a hamster is how kids get nipped. Never dig out the nest.

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Check the room

Quiet, out of direct sun, no draughts, around 65–70°F.

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Evening

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Wait for them to wake up

Let them come out on their own first.

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Gentle handling

Cupped hands, low over a table or your lap in case they hop.

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Wheel and bedding check

A squeaky or wobbly wheel stops them running all night.

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A chew and a treat

Their teeth grow forever — chewing is how they wear them down.

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Our pet-care team

Week beginning Whose job is it this week?



One hamster per cage. Syrians will fight — sometimes to the death — if they're housed together.