



Happy Hamsters UK

Syrian Hamster Care Guide



[Happy Hamsters UK](#)



[@happyhamstersuk](#)



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Enclosures



Minimum size: 100x50cm

Barred enclosures

Savic Plaza

Pets At Home £75

Amazon £95

Mamble 100

Little Pet Warehouse £85

Paws Suppliers £80

Amazon £80

Coco Hamster Cage

Little Pet Warehouse £80

Volta 100

Ebay £70

Ritz Large Hamster Cage

Little Pet Warehouse £80

Amazon £90

OnBuy £85

Kerbl Gabbia

Amazon £88

Pet Planet £80

Ferplast Criceti 100

Pets Corner £126

Windsor 100

Little Pet Warehouse £87

Sky Venturer

The Pet Express £176

Skyline Barney

Only available secondhand

Skyline Alexander

Only available secondhand

Borneo XL

Only available secondhand

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Enclosures



Minimum size: 100x50cm

Non-barred enclosures

Pawhut (rectangle or hexagon)

Aosom £88

Amazon £94

Robert Dyas £85

Hamster Homes

Hamster-Homes from £170

Glass tanks (36x24")

Jungle Pets £270

LaOla Nagarium

Rodipet 230 EUR

Living World Eco Habitat
Medium or Large

Only available secondhand

Niteangel Bigger World

Medium or Large

Only available secondhand

DIY Enclosures

IKEA Lagkapten

IKEA

IKEA Kallax

IKEA

IKEA Linnmon

IKEA

IKEA Pax

IKEA

IKEA Detolf

IKEA £60 + DIY lid

DIY Guide pending

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Wheels



Minimum size: 27cm

Plastic wheels

Trixie 28/33cm plastic

VetSend £15

Package Pets £11

Amazon £13

Kaytee Silent Spinner

Amazon £26

Savic Giant Rolly

Pets at Home £17

Silent Runner 12 inch

eBay £28

Carolina Storm Wheel

Etsy £24

Kaytee Comfort Wheel

Amazon £23

Wooden wheels

Trixie 28/33cm wooden

Zooplus £15

Hope's Healthy Treats £19

VetSend £23

Amazon £24

Rodipet 27cm

Rodipet 45 EUR

GetZoo 27/30/33cm

Amazon £39/46/50

Metal wheels

Tic Tac 12 inch

Tic Tac Wheels £50

Heureka Marathon

Wheel 30cm

Rodipet 30 EUR

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Bedding



Paper bedding required
Minimum depth: 8 inches

Paper-based

Teabag bedding

10kg Carcroft Pet Supplies £11.50

Kaytee Clean 'n' Cosy

40L Amazon £24

Fitch First

10kg Fitch First £22

4kg x2 Amazon £22

Small Pet Select

56L Small Pet Select £20

56L Amazon £25

Carefresh

50L Pets at Home £22

50L Viovet £24

60L Amazon £26

60L Pet Planet £20

Megazorb

85L Amazon £15

11kg Millbry Hill £9

Seedz Box

4kg SeedzBox £13

Safe wood shavings

Aspen

41L Small Pet Select £18

12L Hope's Healthy Treats £7

20L Pets at Home £13

25L Reptile Centre £12

Chipsi Classic

3.2kg Zooplus £3

20kg Jollyes £17

Hemp

20kg Carcroft Pet Supplies £13

14kg Zooplus £16

1.25kg Pets at Home £6

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Substrates



Sand required
Others highly recommended

Sand

Natural Sand

5kg Hope's Healthy Treats £8

5kg Amazon £8

Reptile Sand

Pro-Rep 10kg Jollyes £15

Pro-Rep 5kg Charterhouse £6

Reptisand 4.5kg Amazon £10

Desert Sand

Exo Terra 4.5kg Pets at Home £11

Pettex 4L Amazon £8

Children's Play Sand

(Needs baking before use)

15kg Argos £5

Soil

Coco Soil

Canna 50L Amazon £17

Coco Coir 650g Pets at Home £3

Coco Soil 10L Reptiles Swell £5

Coco Fibre 100g Hope's Healthy

Treats £3

Coco Terrain 12L Amazon £11

Wood Chippings

Beech Chips

15kg Zooplus £14

15kg Pets at Home £32

Hay

Orchard Grass Hay

1kg Small Pet Select £22

1.1kg Viovet £12

8kg Timothy Hay £24

Readigrass

1kg The Hay Experts £4

1kg Pets at Home £5

Meadow Hay

18L Cherry Lane £3

2.5kg Zooplus £6

2.25kg Viovet £5

Other

Pillow Wad Eco-Nest

3.5kg Paws Suppliers £5

Dried Sphagnum Moss

Etsy £3

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Sand Bath



10x15cm minimum size

Amazon

Trixie Wooden Sand Bath £15

Rosewood Naturals Sand Bath £5

Popetpop Sand Bath £15

Popetpop Acrylic Sand Bath £12

GetZoo Round Sand Bath £25

Glass Sand Tray £13

Happy Henry's Homes

Wooden Sand Box £14-30

Paws Suppliers

Corner Litter Tray £2

Wooden Bed £10

Wilko

Ceramic Dish £8

Oval Glass Dish £4

Rectangular Glass Dish £7

Bamboo Litter Tray £4

IKEA

Mixtur Oven Dish £6

Ceramic Oven Dish £10

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Hides



7cm minimum entrance
x3 minimum required

Multi Chamber

Happy Henry's Homes

Dual Chamber Hide £15

Corner Chamber Hide £26

Multi Chamber Hide £30

Rodipet

Hamster House Maze 27 - 35 EUR

Amazon

Generiq Multi Chamber House £30

Popetpop Corner Chamber Hide £17

PetsGang

2 Chamber Peep Hide £25

Wooden Burrow Maze £36

Multi Chamber with Stilts £35

Wooden Hides

Hides

Carrot Cottage M/L £8/£13

Single Wooden Hide £10

Hamster Wooden Castle £36

Grassy Hut £9

Trixie Wooden Curved House £5

Rosewood Forest Cabin £14

Trixie Corner Hide £6

Happy Pet Grassy Hideaway £12

Trixie Hanna Log House £9

Trixie Large Digging Tower £11

Trixie Natural Grass House £5

Trixie Grete House £13

Trixie Igloo £7

Nesting Box £10

Ferplast Wooden Box £11

Pirate Ship Hide £29

Customisable Pet House £13-18

Hamster Caravan £21

Steam Train Hide £12

Balacoo Climbing Boot Hide £8

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Tunnels, Bridges & Platforms



7cm minimum tunnel entrance.

Bridges need no gaps between wood, or to be filled with moss or bedding.

Platforms should not be placed higher than 6 inches above bedding.

Tunnels

Trixie Willow Tunnel £3-10

Woodlands Seagrass Tunnel £10

Rosewood Large Tube £2

Happy Pet Willow Tunnel £4

Rosewood Naturals Hay Tunnel £6

Rosewood Sea Grass Tunnel £11

Naturals Woven Den £10

Nature First Grassy Tunnel £13

Sheens Bamboo Tube £9

Bridges

Lounge Logs £5

Trixie Wood Cave £8

Duokon Rainbow Bridge £10

2x Long Ladder £14

NA Wooden Arch £8

Rainbow Bridge £5

Pastel Long Ladder £9

Large Trixie Bridge £10

Balacoo Bridge with Steps £12

Freestanding Platforms

Furry Naturals Platforms £8-20

Doola Platform £29

Trixie Natural Living Shelter £10

Nuobesty Platform £15

GetZoo Racing Track L £33

GetZoo Corner Shelf £23

Platforms for Bars

PetsGang Wooden Ledges £8-20

Pet Ting Corner Shelf £7

4x Rectangle Wooden Platforms £15

3x Round Wooden Steps £10

5x Cute Shaped Steps £14

GNB Corner Platform £13

Balacoo Wooden Platform £16

Wooden Steps £10

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Extra Enclosure Accessories



Hamsters LOVE packed out enclosures with loads of places to hide, toys to play with and weaving toys.

Natural Accessories

- Bamboo Root £16
- Spider Plants £4
- Driftwood Branches £13
- Natural Wooden Tunnel £7
- Cool Granite Tiles £12
- Rosewood Wood Roll £7
- Nature First Wooden Log £7
- Happy Pet Clubhouse £6
- Straw Tunnel £10
- Trixie Hay Bale £6

Plastic & Ceramic Hides

- Sputnik Hanging Den £5
- Savic Giant Tube £6
- Rosewood Hanging Treat £5
- Kaytee Large Igloo £10
- Nobby Hamster House £6
- Popetpop House £9
- Marchul Hamster House £15
- Popetpop Ceramic Frog Hide £15

Hanging toys

- Trixie Fruit Holder £2
- Hanging Wood Chew £3
- Hanging Wooden Leaves £2
- Woodlands Snack Mobile £8
- Hanging Coconut Toy £6
- Apple Wood Hanging Chew £1.50
- Apple Wood Perching Ledge £3
- Giant Hanging Loop £9
- Palm & Willow Chew Toy £5
- Mini Pine Cone Hanging Chew £3
- Critters Choice Berry Nibbler £3
- Rosewood Hay 'n' Treat Swing £3
- Rosewood Hanging Treats £5

Toys

- Rosewood Play 'n' Climb Kit £5
- Nature's First Hillside View £5
- Rosewood Shred-a-Log £3
- Nature's First Hunters Lodge £4
- Grassy Wigwam £5
- Rosewood Sleep 'n' Play Cheese £5
- Plastic Seesaw £5

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Chew Toys, Forage & Sprays



Chew Toys

Rattan Chews £10
Critters Choice Carrot Nibblers £4
Apple Wood Sticks £7
Wicker Ball Chews £10
Whimzees £8
Chill 'n' Chew Mat £4
Nature First Willow Pack £9
Small Carrot Gnawers £2
Grass Mats (for cage bars) £9
Rosewood Treat Maze £7
Rosewood Rodent Playground £5
Rosewood 3D Carrot Chew £4
Trixie Wooden Tower £9
Rosewood Hay Cube £5
Happy Pet Fruit Cage Chew £3

Forage Mixes

Woodlands Herb Garden Mix £4
Rosewood Naturals Herb Plus £4
Woodlands Crisp and Crunch £3
Rora and Friends Forage Box £6
Bunny Bistro Forage Box £10
Norah's Meadow Mix £3
Woodland Forage Mix £4
Autumn Harvest Forage Mix £4
HolaHammy Mix £3
Shire Pets Forage Bundle £3
Dandelion Leaf Forage £2
Flower Forage £2
Chamomile Flowers £2
Raspberry Leaf Forage £2
Nettle Leaf Forage £2

Sprays

Sunflower Heads £5
Millet Sprays £2
Flax Sprays £5
Wheat Sprays £4
Pearl Millet £4
Amaranth Sprays £4
Oat Sprays £4
Sorghum Sprays £4
Phalaris Sprays £3
Spray Bundle £7
Natural Spray Box £15

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Food



Hamsters need a varied diet of seeds, nuts, pellets, protein & fresh foods. Along with forage and sprays, this should offer them a well rounded diet to keep them healthy.

Complete Mixes

Bear's Syrian Hamster Food £9
NZ Paws Syrian Food Mix £5
Harry Hamster £2
Nature's Touch £5
Rodipet Syrian Food 9 EUR
Mr Johnson's Supreme £3
Versele Laga Crispy Muesli £3
Lavenders Hamster Mixture £2
SeedzBox Hamster Food £9
Puur Hamster Food £8
GetZoo Golden Hamster Food 6 EUR

Pellets

Science Selective Pellets £3
Burgess Pellets £3
Mr Johnson's Advance Pellets £3

Protein

Dried Mealworms £2
Dried Crickets £1
Boiled Egg
Unseasoned Boiled Chicken

Seeds, Nuts & Lentils

Sunflower Seeds £2
Flax Seeds £2
Hemp Seeds £2
Pumpkin Seeds £3
Sesame Seeds £2
Poppy Seeds £2
Chia Seeds £2
Millet Seeds £2
Peanuts £3
Hazelnuts £4
Walnuts £4
Cashew Nuts £4
Pine Nuts £3
Almonds £3
Monkey Nuts £5
Lentils £2

Fresh Food

Vegetables - broccoli, kale, spinach, peppers, cucumber, carrot, sprouts, potato, tomato, pumpkin, courgette, squash, sweetcorn, peas

Fruit - strawberries, blueberries, banana, apple, pear, mango, melon

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Water & Temperature



Hamsters need constant access to water from a bowl or bottle, but two sources of water is recommended. Water should be refreshed at least twice a week, but every day is recommended.

Water Bowls

Ceramic Dishes £3

Metal Dishes £2

Star Bowl £10

Metal Dish with Attachment £5

Water Bottles (barred)

Glass Bottle £9

Plastic Bottle £6

Free-Standing Water Bottle

Plastic free-standing bottle £10

Adjustable Bottle & Stand £10

GetZoo Wooden Stand & Bottle £22

Hamsters are native to Syria, Russia, China, etc. where their desert temperatures are nice and warm. Your hamsters should be kept in a room where the temperature doesn't drop below 15 degrees, but their ideal temperature is 18-24 degrees. Keep them out of the way of direct sunlight or breezes.

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Playpens, Travel & Cleaning



Hamsters should have time out of their enclosure at least twice per week, but some may need daily time out. Some will also require free roam areas as opposed to playpens. Hamsters shouldn't travel more than 3 hours at a time without access to water.

Playpens

Plastic c&c playpen £20
Fabric pop-up playpen £13
Wooden Hamster Run £50

Travel Carriers

Carrier - Hope's Healthy Treats £15
Carrier - Amazon £10
Carrier - Pets at Home £14

Hamsters can get stressed if their enclosures are cleaned too often. They need spot cleans of their main toilet area every 2-3 days, and a 30% clean out of just soiled bedding in their burrows once a month.

Hamster-Safe Cleaning Sprays

Johnson's Clean 'n' Safe Disinfectant Spray £4
Simple Solution Cage & Hutch Cleaner £5
My Little Friend Cage Disinfectant £3
Pets at Home Cage Cleaning Wipes £4

Cleaning sprays should not have any scents, such as lavender, lemon, apple, or similar. These can cause respiratory infections and can be dangerous if consumed by a hamster.

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Things to Avoid



There is much misinformation out there about what is and is not safe for hamsters, so here is a list of things we do not accept for hamsters, and will need to be removed from enclosures/not used if you intend to adopt a hamster from Happy Hamsters UK.

Hamster Balls

Hamster balls are dangerous, as hamsters can get their tiny toes stuck in the gaps. They offer little ventilation, so urine will end up being breathed in which is toxic. They can also result in hamsters banging into furniture, which is terrifying and dangerous. Finally, they cut off hamsters' senses, so they are usually scared when running in them.

Fluffy Bedding

Fluffy, or wool-based bedding, including 'Soft 'n' Safe' and Kapok Pods are dangerous for hamsters, as the fibres cannot be digested and hamsters cannot regurgitate materials. Therefore, it can damage their vital organs and be fatal. It can also get stuck around tiny limbs, leading to self-mutilation.

Sawdust, Scented Bedding & Soft Wood Shavings

Sawdust and scented bedding can be dangerous for hamsters, as they have sensitive respiratory systems, so harsh scents like lemon and lavender can cause infection, as can breathing in small particles of dust. Soft wood shavings omit harmful toxins if ingested.

Water Baths/Pet Shampoos

Hamsters should never be submerged in water, as this can strip them of their natural oils and cause pneumonia. Shampoos are not necessary, and sand baths should be enough to keep them clean.

Sawdust-Based Toys

Toys made with compacted sawdust are dangerous for hamsters, as if ingested, they can leak harmful toxins. They are normally bound with honey, which can lead to diabetes.

Bendy Bridges with Gaps

Hamsters have very small and delicate limbs, therefore bendy bridges should not have large enough gaps for a leg to get caught, as this can lead to breakages. The same applies to many 'climbing' toys.

'Bonded Pairs' of Hamsters

All species of hamster should be solitary in captivity. Syrian, Chinese, Winter White and Roborovski hamsters would be solitary in the wild, while only purebred Campbells species would pair up in the wild. The risks in captivity are too high and often lead to injured or deceased hamsters.

Current Hamsters in Unsuitable Setups

When you adopt from Happy Hamsters UK, we expect your current hamsters' care standards to meet these guidelines. If they don't, please work on upgrading their care as a priority before adopting a new hamster.

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Further Information & Resources



So now you've setup your enclosure, and know how to care for your hamster, but what's next?

You will want to stay up-to-date on care information through social media and hamster care forums!

Instagram Accounts

[Happy Hamsters UK](#)
[Rainbow Fluffers](#)
[Mayas Hamsters](#)
[The Little Hamster Club](#)
[Plueschraupe](#)
[Seaside Syrians](#)
[Nico Syrian Hamster](#)
[Ferdinand Von Hamster](#)
[Victoria Rachael](#)
[Munchie's Place](#)

TikTok Accounts

[Happy Hamsters UK](#)
[Rainbow Fluffers](#)
[Sea Salt and Pets](#)
[Midnight and Friends](#)
[Lumos and Friends](#)
[Abbie and Friends](#)
[Nico Syrian Hamster](#)
[Ferdinand Von Hamster](#)
[Aesthetic Hamsters](#)
[Plueschraupe](#)
[Hamster Scape Official](#)

Websites/Forums

[Happy Hamsters UK](#)
[Hamster Welfare](#)
[Hamster Central](#)
[Blue Cross](#)
[Erin's Hamsters](#)
[Five Little Hams](#)