



Brazilian Rainbow Boas

Epicrates cenchria

INTERMEDIATE · 5-6 FT ADULT · 20-25 YR LIFESPAN · NOCTURNAL · BRAZIL

No photo prepares you for the first time a rainbow boa moves through light. Microscopic ridges on every scale split it into a full spectrum, and the whole snake shimmers like oil on water. Under the glamour is a Brazilian forest boa with one defining demand: humidity, high and constant. Get the moisture right and this is a hardy, long-lived showpiece; let the cage dry out and everything unravels.

AT A GLANCE	
Difficulty	Intermediate
Adult size	5-6 ft
Lifespan	20-25 years
Ambient temp	78-82 °F (72-76 °F night)
Basking spot	85-88 °F
Humidity	75-90%
UVB	Low UVB beneficial
Diet	Mice & rats (frozen/thawed)
Feeding cadence	Every 10-14 days



The hobby's most iridescent snake: that shimmer is structural, not pigment. See one move under NARBC show lights; photos undersell it.
Photo: dhfischer / iNaturalist · CC BY

01

Nippy Babies, Calmer Adults

Rainbow boas are a look-first snake. Babies are famously nippy (quick, defensive taps that look alarming and mean nothing), and most animals mellow into calm, deliberate adults with regular, low-key handling. Even then, this isn't a snake that gets handled as casually as a ball python. They're strong, they're quickest after dark, and they'd rather explore than sit. Keep sessions short, support the body, and let the animal's temperament, not your schedule, set the pace.

02

Housing by Life Stage

A rainbow boa is a floor-space snake first: horizontal room beats height at every stage, though a branch or two won't go unused. An adult needs 48×24×18 at minimum and earns every inch of a 60×24×24. Racks are workable only if they hold tropical humidity, which most don't without modification. Whatever the box, it must seal in moisture without killing airflow. House them singly; this is a solitary animal, and a shared cage is stress, not company.

STAGE	MINIMUM	PREFERRED	NOTES
Newborn	20×12×12	24×18×12	Born live, not hatched; needs 75-90% humidity from day one.
Juvenile	24×18×18	36×18×18	Defensive as juveniles; they mellow with age.
Subadult	36×18×18	48×24×18	Active at night; climbing structure appreciated.
Adult	48×24×18	60×24×24	Large soaking bowl or water feature; steady humidity keeps the iridescence.

Enclosure minimums and preferred sizes from Habitat-OS life-stage guidance; horizontal floor space takes priority at every stage.

03

Heat & Light

Keep ambient air at 78–82 °F with a basking surface of 85–88 °F, and let the enclosure ease down to 72–76 °F overnight. This species genuinely benefits from the dip. Every heat source runs on a thermostat, no exceptions: rainbow boas run cooler than most tropical snakes and tolerate overheating badly, so treat 88 as a ceiling, not a target. They're night-active and don't need bright light, but low-output UVB over the basking end is a worthwhile upgrade.

04

Humidity Is the Job

The most common way this species fails in captivity is a dry cage. **Hold humidity at 75–90% around the clock.** Not misted up to it twice a day, held there. A dehydrated rainbow boa wrinkles, sheds in pieces, and can slide into real trouble within weeks; young animals go downhill fastest. Deep moisture-holding substrate, reduced ventilation, a reliable hygrometer, and a water bowl big enough for a full-body soak get you there. Fighting daily humidity swings means the enclosure is wrong, not the routine.

05

Substrate & Furnishings

Match the floor to the Atlantic Forest this snake comes from: a deep layer of coconut fiber or cypress mulch that holds moisture without going swampy, topped with leaf litter the animal can push through. Two snug hides are the minimum, one warm and one cool. A humid hide earns its space during shed. Add sturdy, low branches; these boas are ground-dwellers that still climb at night. Live plants aren't required, but they steady humidity and give a nocturnal snake daytime cover.

06

Feeding

Rainbow boas are rodent eaters with an enthusiastic strike. Work on a 10–14 day rhythm with prey scaled to the snake, mice early on and appropriately sized rats for grown animals. Feed frozen/thawed, always from tongs: that eager food response causes most rainbow boa bites, and it belongs at the end of tongs, not near your fingers. Don't feed extra because the snake 'acts hungry'; it always will. On this cadence a boa stays lean, and the lean ones are the ones that see old age.

07

Health Red Flags

Dehydration announces itself early: dulled iridescence, wrinkled or dimpled skin along the sides, and sheds that come off in pieces instead of one sleeve. Treat that trio as an alarm; recheck humidity the same day. At the other extreme, a cage kept wet and dirty invites scale rot: pink or brown blisters on the belly scales. Wheezing, bubbling at the nostrils, or open-mouth breathing means respiratory infection. Blisters and breathing trouble are reptile-vet visits this week, not things to watch.

Husbandry data: Habitat-OS species library. Structure follows the NARBC show handout series. Every animal is an individual — when in doubt, ask the breeder at the table or a reptile veterinarian.