I have been cultivating *Heliamphora* for the past year and have built a setup that will cost you about 10 to 20 US dollars. I use a plastic container about 30 cm tall, 56 cm long, and 33 cm wide.

The most important conditions for most growers of *Heliamphora* is a night time temperature drop. By putting two 1-liter frozen water bottles in the container at night and closing the tub using the container lid, the temperature goes down to 13°C. During the day, the temperature is never over 22°C in the tub due to the water bottles remaining until being replaced with frozen bottles each night. The plants are thriving and I am more than confident that I can grow highland *Nepenthes* as well in this way.

Each plant sits in a small saucer on top of egg crates for watering and a small 5 cm fan inside the setup goes on during the day to move air around. I found it was important to have the setup on ground level, if using a humidifier, since humidity drops to the lowest surface. Some of my *Heliamphora* are grown in Fluval Stratum and pumice and some are grown in sphagnum moss, peat moss, and sand mixtures. The large plastic container could be replaced with an aquarium, but that may heat up too much due to lights. For lighting, I am using 3 fluorescent tubes just above the plants and leaf temperature never seems to get over 23°C. I am also using tap water (my New York City tap water stays under 40 ppm, usually closer to 30 ppm). I water when the media starts to get dry, but with the high humidity, I usually need to add water only about once a week. I fertilize every 2–4 weeks with Maxsea at about 140 ppm. I hope this inexpensive setup helps you realize that you can grow these beautiful plants.