Spharagemon equale can be found in grasslands at lower elevations than S. campestris and is not as restricted to sandy soil as S. collare. It prefers grasslands with some areas of barren soil. Eggs overwinter in the soil. Adults are present from mid July through August. It is a mixed feeder on forbs and grasses. The species is rarely abundant but could contribute to rangeland damage in conjunction with other grasshoppers.