Poison Dart Frog

Dendrobates auratus & D. tinctorius

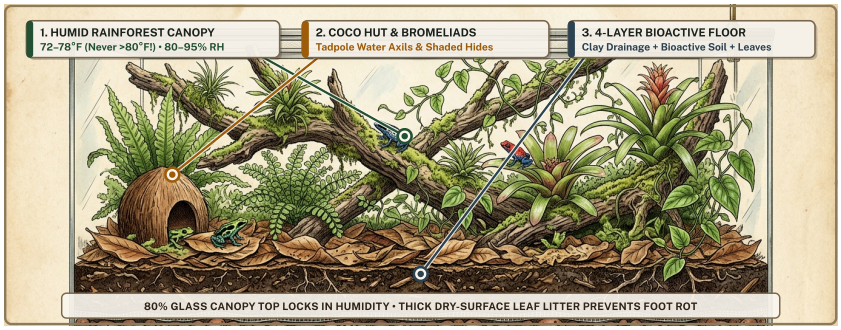
The Quick Version: Fun fact first — captive Dart Frogs are **100% non-toxic!** (Wild frogs only get poison from eating toxic rainforest ants). Unlike tree frogs that hide all day, Dart Frogs are bold daytime jewels that hop around a lush, living miniature jungle right in your living room!



LIFESPAN	ADULT SIZE	ACTIVE HOURS	VIVARIUM	HUMIDITY
10–15+ Years	1.5–2.2 Inches	Daytime (Diurnal)	18×18×18"+ Glass	80–95% RH

1. Building the 4-Layer Bioactive Jungle

HUMID AIR (80–95%) + COOL ROOM TEMPS (NEVER OVER 80°F!) + DRY LEAF CARPET



Ideal Daytime Temp
Comfortable indoor room temps — no heat bulbs needed!
70°–77°F

Danger Heat Ceiling
Big warning: temps over 80–82°F can quickly be fatal!
Max 80°F

Rainforest Humidity
Cover 80% of the screen top with glass to hold moisture in
80–95% RH

Water Rule
Tap chlorine burns frog skin — use dechlorinated or RO water!
0% Chlorine

Nighttime Temp
Lights off at night with a gentle cool-down
65°–70°F

2. Two Ways That Work — Pick What Fits Your Home

SHORT & SWEET: BOTH OPTIONS WORK GREAT

Locking in 85% Humidity (Without Making Soup!)

The secret to Dart Frogs is keeping humidity at 85% while keeping the top leaves dry enough for their feet:

OPTION A: COVERED SCREEN TOP + HAND MISTING (OUR TOP PICK!)
Cover 75–80% of the top mesh with a clear liner or glass panel — then a quick spray morning and evening keeps humidity locked right in.

OPTION B: CLAY DRAINAGE LAYER RESERVOIR UNDERNEATH
A 2" base of Hydroballs / clay drainage balls under a mesh divider and Reptisoil wicks steady moisture into the air all week long!

Lighting: Plant LED vs. Shade UVB

Dart Frogs live on the shaded jungle floor, so your main light is actually for your live plants:

OPTION A: FULL-SPECTRUM VIVARIUM PLANT LED
Keeps live Bromeliads, Pothos, and moss thriving without heating up the glass box, while making your frogs' colors pop!

OPTION B: PLANT LED + LOW-OUTPUT SHADE UVB
Adds gentle natural UV rays, though you still need to dust every single fly meal with calcium/vitamin powder.

Can They Live Together?

Unlike most reptiles, some Dart Frogs do great in pairs or small groups — if you match the right species:

OPTION A: GREEN-AND-BLACK (AURATUS) & BUMBLEBEE (LEUCOMELAS)
Super chill community frogs that usually get along great in groups of 2–4 of the same species.

OPTION B: TINCTORIUS ('TINCS' LIKE AZUREUS / COBALT)
Best kept solo or as a male/female pair once grown — adult female Tincs will wrestle each other over territory! Never mix different species in one tank.

Flip Over for Page 2: Feeding Schedule, Team Tips & Grab-and-Go Checklist →

3. Feeding Guide: Flightless Fruit Flies & Springtails

GOLDEN RULE: DUST THE FLIES AT EVERY SINGLE MEAL & KEEP EXTRA FLY CULTURES GOING!

Froglets Feed Daily	**30–50 Small Flightless Fruit Flies (D. melanogaster) + Springtails:** Young frogs eat nonstop! Dust every batch of flies with amphibian Calcium/Vitamin powder.
Adults 5× Per Week	**30–50 Larger Flightless Fruit Flies (D. hydei or melanogaster):** Tip: put a tiny slice of banana on a leaf — the flies gather on the banana and the frogs line up like a buffet!
Cleanup Crew Lives in Soil 24/7	**Live Springtails & Dwarf White Isopods:** Dump a culture straight into the soil and leaf litter — they eat frog poop and mold while doubling as free snacks!

Tiny Bugs & Supplements You'll Need:

- **Flightless Fruit Flies** — Can't fly! (Melanogaster = small, Hydei = bigger)
- **Springtails & Dwarf Isopods** — Living cleanup crew + 24/7 snack bar
- **Pinhead Crickets / Bean Beetles** — Fun occasional hunting variety
- **All-in-One + Vitamin A** — Dust every meal; add Vitamin A 2×/month

Don't Skip Vitamin A (Short-Tongue Warning!): Plain fruit flies have almost zero calcium or Vitamin A. Dust flies at **every feeding** with an all-in-one amphibian powder, and dust with **Amphibian Preformed Vitamin A** once every 2 weeks so their sticky tongue stays strong. Keep opened supplement jars in the fridge and replace every 6 months!

4. Tips, Tricks & Big No-Nos from Our Reptile Team

REAL-WORLD HABITS THAT KEEP THEM THRIVING

Look, Don't Touch!

Frogs breathe and drink right through their skin, so oils and soap on human hands make them sick. If you ever need to move a frog, gently coax it into a clear plastic cup!

Wet Soil, Dry Leaf Carpet!

If frogs walk on sopping-wet mud all day, they get bacterial foot rot. Put a thick 2" blanket of curved Magnolia or Sea Grape leaves over the damp soil so their toes stay dry.

The 2-Week Fly Rule

A fruit fly culture takes 2 weeks to boom and crashes after ~4 weeks. Grab or start a fresh culture every 2 weeks so you never run out of flies on a Sunday night!

Escape-Proof the Vents

Flightless flies can't fly, but they love to walk! Put a strip of fine mesh or tape over any big cord slots so the flies stay inside with your frogs.

5. Grab-and-Go Setup Checklist

ASK US ON THE FLOOR — WE'LL HELP YOU MATCH EVERYTHING!

VIVARIUM & 4-LAYER FLOOR

- [ ] 18"×18"×18" or 18"×18"×24" Front-Opening Glass Vivarium
- [ ] Clay / Lava Drainage Balls + Fine Mesh Divider Screen
- [ ] Bioactive Amphibian / Tropical Soil Mix
- [ ] 2 Bags of Hardwood Leaf Litter (Magnolia, Sea Grape, Jackfruit)

PLANTS, HIDES & MISTING

- [ ] Coconut Shell Huts, Cork Bark & Live Bromeliads / Pothos
- [ ] Full-Spectrum Vivarium Plant LED Light
- [ ] Digital Thermometer & Hygrometer Gauge
- [ ] Pump Spray Mister + Reptile Water Dechlorinator

LIVE MICRO-BUGS & DUSTS

- [ ] 2 Flightless Fruit Fly Cultures (staggered so one is always booming!)
- [ ] Live Springtail Culture & Dwarf Isopod Starter Tub
- [ ] Amphibian All-in-One Calcium/Vitamin Dust + Vitamin A Supplement

A Quick Note from Our Team — Keep Learning & Ask Us Anytime!

The quick version: there's more than one right way to set up a great enclosure! As long as your temperatures, humidity, and diet are dialed in, your pet doesn't care whether its cave is fancy resin or a terra-cotta pot. Bringing home this critter is a **10–15+ year commitment** — use these two pages as your home-base cheat sheet, watch what your pet tells you with their daily behavior, find a good local exotic vet, and call or stop by the shop anytime you have questions!

MY FROG'S INFO

Name / Morph: _____

Current Diet: _____

Date Adopted: _____