White's Tree Frog

Litoria (Ranoidea) caerulea

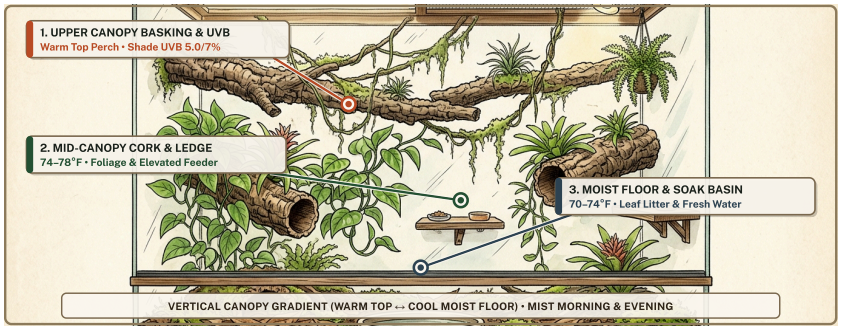
The Quick Version: Everyone calls them 'Dumpy Tree Frogs' because they're delightfully chubby and have a permanent sleepy smile! Even better, these Australian frogs have a natural waxy skin coat that likes **way drier air (50–60% RH)** than tropical frogs — and they're the boldest, funniest frogs you'll ever meet!



LIFESPAN	ADULT SIZE	ACTIVE HOURS	ADULT TANK	HUMIDITY
15–20+ Years	3.5–4.5 Inches	Night (Nocturnal)	18×18×24"+ Tall	50–65% RH (Not Wet!)

1. Tall Perches, Open Airflow & Nightly Hot Tub Bowl

BIG RULE: DON'T OVER-MIST! THEY NEED AN OPEN SCREEN TOP & 50–65% HUMIDITY!



Top Branch Warm Spot Gentle low-wattage bulb over the highest perch	82°–85°F
Daytime Tank Air Warm at the top, cooler down by the floor	75°–80°F
Keep Air Breezy (50–65%) Stagnant 85%+ humidity gives them bacterial skin spots!	50–65% RH
Soaking Bowl Water Dump and refill with dechlorinated water every morning!	0% Chlorine
Nighttime Temp Drop Lights off at night	68°–74°F

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

SHORT & SWEET: BOTH OPTIONS WORK GREAT

Flooring: Leaf Blanket/Frog Foam vs. Bowl Feeding

White's Tree Frogs tackle bugs like linebackers — so you don't want them swallowing mouthfuls of loose bark!

OPTION A: THICK LEAF LITTER OVER SOIL (OR WASHABLE FROG FOAM)

Cover moist reptile soil with a thick 2" layer of big Magnolia or Sea Grape leaves (and seed with **Dwarf White** or **Powder Orange Isopods + Springtails**) so dirt never sticks to their tongue.

OPTION B: TONG-FEEDING OR ESCAPE-PROOF BUG BOWL

Handing them bugs with rubber-tipped tongs or dropping roaches/worms in a smooth glass bowl keeps every bite clean.

Low-Output UVB vs. Calcium + D3 Dust

Even though they hunt at night, they often snooze out in the open on top branches during the day:

OPTION A: 5%–6% SHADE UVB OVER THE TOP BRANCH

Great for strong bones and makes their mint-green, teal-blue, or white-speckled morph colors pop!

OPTION B: LED LIGHT + SCHEDULED CALCIUM W/ D3 DUSTING

Works great as long as you stay on top of dusting their bugs with Calcium + D3 and an Amphibian Vitamin A supplement.

Solo Frog vs. Frog Squad (Watch Size Differences!)

White's Tree Frogs love hanging out in a pile together — with one huge rule:

OPTION A: SINGLE FROG IN AN 18"×18"×24" TALL TANK

Super easy to track how many crickets they're eating.

OPTION B: 2–3 FROGS OF THE EXACT SAME BODY SIZE (24"×18"×24"+)

Big No-No: never put a big adult with a little baby! White's Tree Frogs have zero filter — if a smaller frog fits in their mouth, they will eat their roommate!

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

3. Feeding Guide (Warning: They Will Beg Like Dogs!)

WATCH THEIR PORTIONS: ADULTS WILL HAPPILY EAT UNTIL THEY TURN INTO BASEBALLS!

Babies Feed Daily	**4–6 Gut-Loaded Crickets or Small Dubia Roaches:** Dust with Calcium at almost every meal and an Amphibian Multivitamin w/ Vitamin A once a week.
Sub-Adults Every Other Day	**4–6 Medium Crickets, Roaches, or Earthworms (3–4×/Week):** Dust with Calcium 2×/week and Multivitamin 1×/week.
Adults 2–3× Per Week	**3–5 Bugs Per Meal:** Don't fall for their begging faces! You want a subtle ridge above their eyes, not heavy fat rolls hanging over their eyeballs.

Favorite Dumpy Frog Bugs:

- **Banded Crickets** — Gets them hopping & exercising at night
- **Dubia Roaches** — Awesome lean protein in a smooth bug bowl
- **Nightcrawlers & Hornworms** — Soft, juicy favorites (expect happy frog lunges!)
- **Go Easy on Waxworms** — Super fatty — save for a rare birthday treat!

Daily Color-Change Quirk: Don't freak out if your green or teal White's Tree Frog looks chocolate-brown at noon and bright mint-teal at 8 PM! All White's Tree Frogs (classic green, blue-phase, and white-flecked 'Snowflake' morphs) change shades daily based on temperature, mood, and lighting.

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

REAL-WORLD HABITS THAT KEEP THEM THRIVING

Wet Hands or Gloves!

They tolerate brief handling way better than Dart Frogs, but human hand oils and soap still sting their skin. Rinse your hands in dechlorinated water (or wear nitrile gloves) before picking them up!

Skip Heavy Misting!

Keeping a White's Tree Frog in a soggy, unventilated 90% humidity tank causes bacterial skin infections (little neon green spots). Keep the screen top open and let the water bowl do the hydrating!

The Morning Bowl Scrub

Every single night, your frog will sit in its water bowl like a hot tub — and promptly poop in it! Dump, scrub with hot water, and refill with fresh dechlorinated water every morning.

Thick Branches Only

Full-grown Dumpies are heavy! Give them thick cork branches, horizontal bamboo bars, and magnetic frog ledges rather than skinny twigs.

5. Grab-and-Go Setup Checklist

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

TALL SCREEN-TOP TANK & PERCHES

- [ ] 18"×18"×24" or 24"×18"×24" Tall Screen-Top Glass Terrarium
- [ ] Thick Cork Bark Branches, Horizontal Bars & Sturdy Vines
- [ ] Reptile Soil + Thick Blanket of Sea Grape / Magnolia Leaves

GENTLE HEAT, GAUGES & HOT-TUB BOWL

- [ ] 25W–50W Daytime Basking Bulb + Small Dome on Thermostat
- [ ] Optional: Low-Output 5%–7% Shade UVB + Plant LED
- [ ] Digital Thermometer & Hygrometer Gauge
- [ ] Wide, Heavy Shallow Soaking Bowl + Water Dechlorinator

LIVE BUGS & SUPPLEMENTS

- [ ] Live Crickets, Dubia Roaches & Nightcrawlers / Hornworms
- [ ] Pure Calcium (No D3) & Calcium (With D3)
- [ ] Amphibian Multivitamin (with Preformed Vitamin A) + Bug Gut-Load
- [ ] Rubber-Tipped Feeding Tongs & Smooth Bug Dish

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 **15–20+ 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 TREE FROG'S INFO

Name / Morph: _____

Current Diet: _____

Date Adopted: _____