INSIDE FLAP • KEEPER HABITS

4 Keys to Long-Term Health

Small Daily Habits That Prevent 95% of Vet Visits

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.

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!

BACK COVER • TAKE THIS TO THE AISLE

Grab-and-Go Setup Checklist

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

MY FROG'S INFO & FEEDING LOG

Name / Morph: _____

Gotcha Date & Weight: _____

Current Feeder Size & Day: _____

Critter Cabana & Cascade Pet Supply

Questions about heating, shedding, or a picky eater? Stop by or call our reptile team anytime — we're here for the full 10–15+ year commitment!

CRITTER CABANA & CASCADE PET SUPPLY • CARE GUIDE

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!

QUICK VITAL STATS AT-A-GLANCE

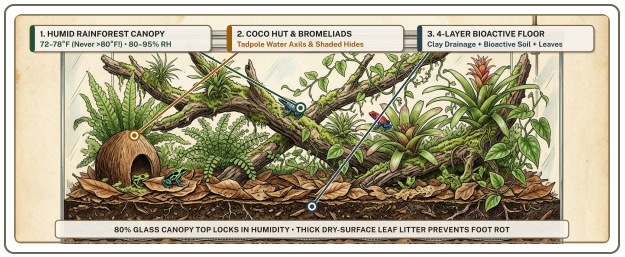
LIFESPAN **10–15+ Years**	ADULT SIZE **1.5–2.2 Inches**
ACTIVE HOURS **Daytime (Diurnal)**	VIVARIUM **18×18×18"+ Glass**
HUMIDITY **80–95% RH**	

OPEN FOR TANK SETUP, TEMPS, FEEDING & SHOPPING LIST →

STEP 1 • HABITAT & CLIMATE

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

Thermostat & Gauge Rule: Stick-on dial gauges can be off by 10°F+! Use a digital probe thermometer/hygrometer and always plug heating mats and heat emitters into a **digital thermostat**.

STEP 2 • STOCKED STORE OPTIONS

Two Ways That Work

Pick Option A or Option B Based on Your Home Setup

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.

STEP 3 • DIET & NUTRITION

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

First-Week Rule: Give your new Poison Dart Frog **5 to 7 days of peace and quiet** in its new tank before handling or offering its very first meal so it can map out its hides and feel safe!