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POISON DART FROGS

Three-striped Poison Frog

Ameerega trivittata

Ameerega trivittata is a large, diurnal poison frog of 4-6 cm from the forest floor of the Amazon. It is black with two pale green stripes along the flanks, and in a single trip the male often carries 15-30 tadpoles on his back to water. The frog needs a more spacious enclosure than the small poison frogs.

Family: Dendrobatidae Former name: *Epipedobates trivittatus; Dendrobates trivittatus; Phobobates trivittatus* Published 16 November 2026

KEY FACTS

THE ANIMAL

Adult size	**4-6 cm** snout-vent length
Lifespan	**10-15 years**
Active	**By day**
Lifestyle	**Terrestrial**
Habitat	**Rainforest and wetland**
Skin toxins in the wild	**Mild**
Skin toxins in captivity	**None** Captive-bred animals. Wild-caught animals can keep their toxins for a long time
Difficulty	**Intermediate**

CARE

Min. enclosure	**70 × 50 × 50 cm** L × W × H for 2 adults
Temperature, day	**23-25 °C**
Temperature, night	**19-22 °C**
Humidity	**70-100%**
Water	**Water dish** depth 1-2 cm
UVB	**Optional** Ferguson zone 1
Diet	**Small invertebrates (springtails, fruit flies)**
Kept	**In pairs**

BREEDING

Reproduction	**Egg-laying**
Development	**Tadpoles carried to water**
Egg-laying site	**On the ground**
Sexually mature	**12-24 months**
Eggs per clutch	**15-40**
Hatching	**15-22 days**
Larval period	**40-90 days** from hatching to metamorphosis
Larval diet	**Algae/plants and complete diet**
Parental care	**Guards the eggs and carries the tadpoles**

PROTECTION AND PAPERWORK

CITES	**Appendix II**
IUCN	**Least Concern (LC)**

Care at a glance

THE ENCLOSURE	An enclosure of at least 70 × 50 × 50 cm (length, width, height) suits two adult *Ameerega trivittata*.
TEMPERATURE	Keep the daytime temperature at 23-25 °C, and lower it at night by 3-4 °C to about 19-22 °C. The variation over the year should be small, 1-2 °C.
HUMIDITY AND MISTING	Humidity should be 80-90 % for most of the day, close to 100 % morning and evening, and it may fall to about 70 % in the middle of the day. A longer time below 70 % is dangerous, especially if the frog has no access to water.
WATER AND WATER QUALITY	A shallow water dish with 1-2 cm of water is enough. The dish must be so shallow that a juvenile can get out of it, with stones or moss at the edge.
LIGHTING AND UVB	UVB is not documented as necessary for poison frogs in general, and for this particular species there is no information. A weak UVB light (Ferguson zone 1) is optional.
FEEDING	The diet consists of small live arthropods.
BEHAVIOUR AND HANDLING	The males call loudly and defend small territories, while the females are calm. It is not documented how the species behaves in groups in captivity, so pairs are the safest way to keep them.
NATIVE RANGE	Bolivia, Brazil, Colombia, Guyana, Peru, Suriname and Venezuela.