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POISON DART FROGS

Yellow-striped Poison Frog

Dendrobates truncatus

Dendrobates truncatus is a diurnal poison frog of about 3 cm from northern Colombia, black with two yellow stripes across the back and white spots on the flanks. It is hardy, tolerates slightly drier air than many relatives and does well in a small group, but it can be difficult to get to breed regularly.

Family: Dendrobatidae Former name: *Phyllobates truncatus* Published 15 November 2026

KEY FACTS

THE ANIMAL

Adult size	**3 cm** snout-vent length
Lifespan	**10-20 years**
Active	**By day**
Lifestyle	**Terrestrial**
Habitat	**Dry forest and rainforest**
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	**Beginner**

CARE

Min. enclosure	**50 × 50 × 50 cm** L × W × H for 2 adults
Temperature, day	**22-24 °C**
Temperature, night	**18-21 °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 or in groups**

BREEDING

Reproduction	**Egg-laying**
Development	**Tadpoles carried to water**
Egg-laying site	**On the ground**
Sexually mature	**10-15 months**
Eggs per clutch	**2-6**
Hatching	**10-14 days** at 22-24 °C
Larval period	**60-80 days** from hatching to metamorphosis
Larval diet	**Complete diet**
Parental care	**Carries the tadpoles**

PROTECTION AND PAPERWORK

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

Care at a glance

THE ENCLOSURE
A pair or a small group of *Dendrobates truncatus* needs a rainforest enclosure of at least 50 × 50 × 50 cm. Allow about 40 litres per frog, and give a group correspondingly more space.

TEMPERATURE
The daytime temperature should be 22-24 °C, and at night it is lowered by 3-4 degrees, to 18-21 °C. The species briefly tolerates 18-27 °C, but above 29 °C is dangerous.

HUMIDITY AND MISTING
Humidity should be 70-80 % in the middle of the day and preferably up to 100 % morning and evening. A rain system and a fogging system make it easiest to keep the rhythm.

WATER AND WATER QUALITY
A shallow water dish with 1-2 cm of water and a sloping edge or a stone, so the frogs can easily climb out, is enough.

LIGHTING AND UVB
The lighting is first and foremost for the plants. Fluorescent tubes or LED lighting of about 6,500 K give natural colours and good plant growth, and 12 hours of light a day is common practice.

FEEDING
Dendrobates truncatus eats small arthropods, in the wild especially ants, mites and insect larvae.

BEHAVIOUR AND HANDLING
Dendrobates truncatus is diurnal and neither shy nor pushy. The species can live in a group for life when there is enough space, and becomes bolder with more animals and plenty of cover.

NATIVE RANGE
Colombia.