herpy

POISON DART FROGS

Vicente's Poison Frog

Oophaga vicentei

Oophaga vicentei is a small, brightly coloured and diurnal poison dart frog of up to 24 mm, found only in central Panama. The colours vary from yellow and red to blue, grey and green, often with a black reticulated pattern. The species is endangered in the wild, and little is known about its husbandry.

Family: Dendrobatidae Former name: *Dendrobates vicentei* Published 16 November 2026

KEY FACTS

THE ANIMAL

Adult size	**12-24 mm** snout-vent length
Lifespan	**10-15 years**
Active	**By day**
Lifestyle	**Arboreal and terrestrial**
Habitat	**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	**Experienced**

CARE

Min. enclosure	**45 × 45 × 60 cm** L × W × H for 2 adults
Temperature, day	**22-26 °C**
Temperature, night	**19-21 °C**
Humidity	**80-100%**
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	**In leaf axils (e.g. bromeliads)**
Eggs per clutch	**1-12**
Hatching	**10-14 days**
Larval period	**42-56 days** from hatching to metamorphosis
Larval diet	**Unfertilised eggs from the female**
Parental care	**Guards the eggs, carries the tadpoles and feeds the tadpoles with eggs**

PROTECTION AND PAPERWORK

CITES	**Appendix II**
IUCN	**Endangered (EN)**

Care at a glance

THE ENCLOSURE	Little is known about the husbandry of *Oophaga vicentei*.
TEMPERATURE	The daytime temperature should be 22-26 °C and the night 19-21 °C. The frogs tolerate heat poorly, so avoid longer periods above 28 °C.
HUMIDITY AND MISTING	Humidity should be 80-100 % and never below 70 %. Mist the enclosure thoroughly once or twice a day with water free of lime and chlorine (rainwater or reverse-osmosis water), so that leaves and bromeliads are wet.
WATER AND WATER QUALITY	A shallow water bowl with 1-2 cm of water is enough, because the frogs are poor swimmers. Keep it clean, and change the water every day or every other day.
LIGHTING AND UVB	UVB is hardly necessary, but a little UVB (Ferguson zone 1) does no harm and is optional. Plant lighting for 10-12 hours a day keeps the plants alive, and the night must be dark. The lamps must not heat the enclosure above 26 °C.
FEEDING	The species needs very small feeder insects. The staple is small, flightless fruit flies (*Drosophila melanogaster*) and springtails, supplemented with aphids, small termites and small isopods.
BEHAVIOUR AND HANDLING	*Oophaga vicentei* is diurnal. The male calls from a spot high up and finds the breeding site. Females may eat other females' eggs, so a pair is the safest. The frogs should not be handled, because the skin is thin and sensitive.
NATIVE RANGE	Panama.

The full guide with map and updates: herpy.org/pilegiftfroeer/oophaga-vicentei