



Banded Rubber Frog

Phrynomantis bifasciatus

Care Sheet

Average Size

2 - 3 inches long

Average Lifespan

8 - 10 years

Diet

Banded Rubber Frogs are insectivores. They can be fed crickets, mealworms, waxworms, and small roaches.

Feeding

Banded Rubber Frogs should be fed 2-3 times a week. Dust food with calcium powder every feeding, & a multivitamin once a week.

Housing

Habitat - Banded Rubber Frogs are native to Central and South Africa in variable habitats. Banded Rubber Frogs of similar size can be housed together with caution.

Size - Banded Rubber Frogs can be kept in a 10-gallon tank for the entirety of their lives. A larger habitat would be recommended for multiple specimens.

Substrate - Due to humidity requirements, an absorbent substrate is desired. Peat moss, coconut fiber, reptile bark, or sphagnum moss are suitable. Leaf litter and cork bark can be provided as optimal areas for hiding.

Temperature - Banded Rubber Frogs need an ambient temperature of 75° to 85°F.

Humidity - Banded Rubber Frogs' humidity should be between 50-70% due to their native climates. This can be maintained using a fogger, hand mister, or misting system.

Watering - A large water bowl with clean water should be provided. Always use de-chlorinated or bottled spring water.

Lighting - Lighting is not required for Banded Rubber Frogs. For live planted terrariums or aesthetics, lights may be used. Low strength UVB can be used to promote plant growth and act as an anti-microbial. There is no current proof that this animal requires UVB light, although some keepers prefer to provide UVB.

Plant and Fish bulbs are not UVB bulbs.



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