

## Pacman Frog Care Guide

### Tank/Enclosure:

- The recommended enclosure size for a pacman frog is 10 gallons for a male and 20 gallons for a female
  - o Minimum enclosure size is 10 gallons.
- Females get quite large, so having a larger space for them is recommended

### Lighting/Humidity:

- Pacman frogs require a hot spot of about 82-85 degrees
  - o With an ambient temp of about 75-80 degrees
- Frogs in general don't require UVB, but will always benefit from it if it is provided to them
  - o The Reptisun T5/T8 5.0 is designed for more arboreal species compared to T5/T8 10.0 that is designed more for desert species

If Reptisun UVB is given to pacman frogs they should be given a T5 5.0 or T8 5.0 UVB light

- o The Arcadia T5/T8 6% D3 Forest, T5 7% ShadeDweller-Pro, and T5 2.5% ShadeDweller-Max, linear UVB is the best UVB you can provide to a pacman frog
  - UVB lights should not cover the full length of the tank
    - o T5 should cover 1/2 of the enclosure on the top of the enclosure lid
    - o T8 should cover 2/3 of the enclosure from the ceiling on the inside of the tank
- Given the option between T5 and T8 UVB, T5 UVB is stronger than T8, therefore it should be placed on the top of the enclosure and T8 should be mounted on the ceiling of the enclosure
- That way they will provide the same amount of UVB
  - DO NOT USE ANY KIND OF COLORED LIGHTS
    - o Colored lights can damage your frog's eyesight and they effect the day/night cycle that your pacman needs
    - o Colored lights are typically advertised as a good source of heat at night, but all animals need to have a proper day/night heat cycle, so providing them with heat at night is not beneficial, but actually harmful

Unless the ambient temp in the tank gets under 65 degrees at night, there is no need for a heat source

- Under tank heaters aren't typically very beneficial because they can't usually provide heat through the substrate inside of the tank
  - o Since pacman frogs burrow, there is a chance that they burn themselves on the bottom of the tank as well
- The humidity of the enclosure should sit at about 50-80%

### Diet:

- Pacman frogs eat a diverse diet of bugs and pac-attack

- Pac Attack is a pellet
- Dubia roaches, BSFL, Silkworms, nightcrawlers, and Crickets are a good staple bug for your pacman frog
  - o Dubias and BSFL are more beneficial for your frog because crickets don't have as much protein or nutrients, and they are more likely to carry parasites than both Dubias and BSFL
  - Superworms, mealworms and hornworms can be fed occasionally
    - o Superworms contain a lot of fat and not much protein, making them not very beneficial to feed on a regular basis
    - o Superworms and mealworms are harder to digest for pacman frogs because of their outer shell
    - o Hornworms are mostly liquid, so feeding them on a regular basis can over hydrate your frog, causing diarrhea
  - Waxworms, Darkling Beetles, or Red Wigglers should only be fed on a rare occasion
  - Don't feed anything to your pacman that is wider than the space in between their eyes because they can choke or it can be difficult for them to digest
  - When feeding pacman frogs, feed them as much as they will eat
    - o However, some pacmans will overeat so just use your best judgement
  - Babies should be eating every other day until they are 6 months old, once they reach 6 months of age, they should be fed every 3 days, and adults (1.5 years) should eat about once a week to every 10 days since adults should not be receiving the same amount of protein as babies do

#### Vitamins/Calcium:

- Pacman Frogs (like most reptiles/amphibians) require calcium and vitamins to ensure that they will grow and develop properly
  - o Without the proper calcium/vitamins they can develop MBD (metabolic bone disease) which is a condition that weakens the skeletal structure and can cause the animal to easily fracture/break their bones easily and they won't be able to heal them properly
  - Bugs should be dusted with calcium every feeding, except once a week.
    - o They should be dusted with calcium both with and without D3, alternating each feeding
    - o "Repashy" amphibian multivitamin can also be added to the bugs as well
  - Pac-Attack that is fed to pacman frogs already has the vitamins and calcium that your frogs would need manually dusted on their bugs

#### Substrate:

- Pacman frogs like to bury themselves in their substrate and need a higher humidity so they require a loose substrate to be the most comfortable in their enclosure
  - One of the most recommended substrates is "Eco Earth" coconut fiber substrate because it provides a bedding that the frog can dig in, holds humidity well, and creates minimal dust
  - Do not use any kind of non-particulate substrate because it does not provide the frog with something to bury themselves in or hold humidity
    - o Tile, paper towel, shelf liner, reptile carpet, puppy pads, etc.
  - Do not use aspen bedding, cat litter, sand, etc.

- o Aspen and any kind of sand do not hold humidity well and are pretty dusty so those substrates can cause respiratory issues with your frog
- o Cat litter has a lot of chemicals contained inside of it so it can be very dangerous if your frog ingests it
  - A mix of 70% top soil and 30% play sand is the best substrate to use for a bioactive enclosure
- o Bioactive enclosures can be hard to maintain so creating one as a beginner may be difficult to maintain
  - Woodchip, bark, and mulch bedding isn't recommended for pacmans because while it does hold humidity, it isn't the best for burrowing

#### Décor:

- Since pacman frogs spend a lot of time buried in their substrate, a lot of décor isn't necessary
  - o A hide on both the hot and cold side, a water dish, and some foliage will do
- Pacman frogs are known for eating everything, so anything you put in your enclosure, make sure that it will be okay if your pacman tries to eat it
  - For a bioactive enclosure, picking out live plants that will not cause your pacman to get sick is very important
    - o Make sure to do research before putting any plant in their tank
  - Pacman frogs don't climb (or really do anything), so adding something into their enclosure to climb on isn't necessary

#### Lifespan:

- Pacman frogs typically live 10-15 years in captivity
- In the wild pacman frogs live upwards of 4 years
  - o Which is why we adjust their environment based on their natural habitat, so we can expand their lifespan
    - The oldest pacman frog was 12 years old

#### Size/Weight:

- Pacman frogs are typically measured by size (in inches), instead of weight
- Pacman frog tadpoles usually take 21-30 days to develop into frogs
  - o If their water is cold it can take up to a few months
- As babies (1-3 months) pacman frogs are usually 1-2 inches
  - o About the size of a quarter
- As adults (1+ year) they can range from 3-8 inches
  - o Males are typically 3-4 inches
  - o Females are typically 4-8 inches

#### Cohabitation:

- You CAN NOT house pacman frogs together!!!
- Pacman frogs are extremely territorial and the larger one will end up eating the smaller one

- Some breeders house babies together for the first few months of their life, but that is still not recommended
  - o Once they reach a certain age, they all start growing at completely different rates and one will get larger than the other, especially if they are fighting over resources
    - o One frog will get larger than the other because they are getting more resources than the other and will continuously show dominance to the other
- Aside from pacman frogs being cannibalistic, housing reptiles/amphibians separately is much more beneficial to them anyway because they get the proper resources that they need to grow and thrive

#### Pros/Cons:

- Owning a pacman frog isn't for everybody, but there are perks to owning them, like; the temperatures of their enclosure, the maintenance, their diet, and their enclosure size
  - o Pacman frogs' enclosure temperatures are extremely hot and can be achieved pretty easily because you don't need a high wattage bulb
  - o Pacman frogs don't really do much so cleaning up after them and making sure that their enclosure is clean isn't very difficult
  - o Pacman frogs eat pac-attack and a varied diet of bugs if the owner chooses. Getting them to eat isn't typically difficult, and if you don't like bugs, you don't need to feed them because they don't need live bugs in their diet
  - o Since pacman frogs don't move much, they don't need a giant enclosure, which is helpful for someone who wants a pet, but doesn't have the room for an enclosure for an active animal
- Owning a pacman frog has some downsides to it as well, like; the humidity and their demeanor
  - o Pacman frogs need a higher humidity, which can be harder to maintain depending on the enclosure and the space around it
  - o The biggest thing that turns people away from pacman frogs is their demeanor. Pacman frogs don't really move at all and a lot of people want a pet that they can interact with
    - o People compare owning pacman frogs to having a pet rock

#### Good Beginner Pet?:

- I think pacman frogs can make a good beginner pet as long as you're okay with a pet that isn't going to interact with you much
- Owning a pacman is fairly easy compared to other amphibians because of their size, demeanor, diet, and temperatures of their enclosure, which is good for a first-time owner
- The only thing that may be difficult for a new owner is the humidity. Keeping their humidity within the proper range means daily misting and watering of the enclosure
- Of course, as long as you do your research and know the proper care for these animals, they can make a great first pet

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