



Pacman Frog at a Glance

Difficulty of care: **Beginner**

Average lifespan: **10–15 years with proper care**

Average adult size: **3–8” long**

Diet: **Gut-loaded insects, worms, and occasional frozen-thawed rodents for adults**

Minimum habitat size: **10–20 gallons**

Temperature: **75–83 F during the day; 70–75 F at night**



Fun fact ➡ Adult
Pacman frogs can
weigh up to 1 pound.

Enclosure Setup & Maintenance

- Pacman frogs should be housed individually in a secure 10–20 gallon enclosure with a tight-fitting screened lid. Provide 3–4 inches of moisture-retaining substrate, such as sphagnum moss or coconut fiber, to allow natural burrowing behavior.
- The enclosure should include a large, shallow bowl of filtered, dechlorinated water for drinking and soaking. Maintain a temperature gradient with a warmer side and a cooler side, keeping daytime temperatures between 75–83 F and nighttime temperatures between 70–75 F. Humidity should remain between 70–80% and can be maintained by misting with dechlorinated water and keeping the substrate damp but not wet.
- Provide 10–12 hours of UVB lighting daily, along with at least two hideaways and foliage for security.
- Spot-clean the habitat every day and perform a full cleaning and disinfection at least once each month.



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Supply Checklist

- Appropriately sized habitat
- Substrate and moss
- Hideaways, plants, and décor
- Water and food dishes
- Heat light, heat emitter, or under-tank heater
- Nighttime reptile bulbs
- Thermostat and thermometers
- Multivitamin and calcium with vitamin D supplements
- Cricket keeper, quencher, and food
- Frozen rodents for adult frogs
- Live insects and worms
- UVB light and fixture
- Water mister
- Humidity gauge

Fun fact ➡ Pacman
frogs get their name from the
classic Pac-Man video game.

Health

Pacman frogs should receive a veterinary examination once each year. Healthy frogs have clear eyes, a round body condition, a good appetite, and remain alert.

These amphibians shed their skin regularly and often eat the shed skin after it comes off. Signs that shedding is beginning include cloudy or milky-looking skin and crouching behavior.

Contact a veterinarian if you notice dry skin, eye discharge, skin lesions, red limbs, weight loss, or bent toes or bones. Because their skin is sensitive and absorbs substances easily, always wash your hands before and after handling and use moistened powder-free gloves when handling is necessary.

Fun fact ↪ They are also known as horned frogs because of the pointed structures above their eyes.

Diet

Pacman frogs should be fed a variety of gut-loaded insects and worms, including crickets, mealworms, and roaches. Juveniles need to be fed daily, while adults should be fed one to two times each week.

Adult frogs can also be offered thawed, previously frozen rodents every other week. Live prey should not be offered.

Insects should be dusted with a calcium and vitamin D supplement several times per week, or daily for juveniles, and a multivitamin should be provided once weekly. Feeding tongs should be used instead of fingers when offering food.



Fun fact ↪

These frogs are sedentary and spend much of their time resting or partially buried in substrate.