

VIDA General Donations

“Just our presence in remote communities and our commitment to help empower those who want to see change is significant. Don’t ever underestimate the power of your presence, your smile, your willingness to help others in need.”

We appreciate all donated items, no matter if they are gently used or brand new. We guarantee that all donated items will be used as specified by the donating party and with advanced request we can send you photos of your donated items being distributed to those in need. Donations will be utilized in our dental brigades and medical mission trips by dental, medical, and general service volunteers, pre-dental & pre-medical students, dental & medical students, and volunteer medical professionals in Costa Rica, Nicaragua, and Panama.

Many people in Central America receive no regular health care. By partnering with communities in need and globally-minded volunteers, we are able to provide basic medical care to those who would otherwise not receive basic medical attention. We aim to support other international nonprofits in their commitment to the communities they work in as well as provide support to sustainable development in remote and isolated communities.

Donations are 100% tax deductible. VIDA is a subsidiary nonprofit organization of the Tropical Adventures Foundation, a registered 501 (c) (3) nonprofit organization in California and Costa Rica.

General Donations Needed

Clothing - new or used (all sizes, male/female/child/infant)

Shoes – new (all sizes, male/female/child/infant)

Bedding – new or used

Towels – new or used

Diapers (cloth)

Baby toys – new (rattles, etc)

Baby bottles, pacifiers, blankets, baby formula, baby shampoo, and baby soap

Children’s toys – new or used (balls, jacks, yo-yo’s, cards, crayons – box of 8, coloring books, water paints, markers, balloons, small cars, etc) make the best donations.

Toiletry items – small hotel soaps, shampoos, lotions, and Kleenex

School supplies – notebooks, pens, pencils, backpacks, art supplies, glue, etc

Computers – new or used

Construction materials

(If you reside in Costa Rica and would like to donate leftover construction materials, we may be able to arrange for pick up of those items)

Children's educational books**How about giving someone the shirt off your back, literally?**

You may leave the items that you brought with you on your service trip, at the end of your trip. We will ensure that the items are donated to local needy people or one of our Partners for a Brighter Future.

We will always accept monetary donations to help reduce the costs of the free clinics and for follow-up procedures and medications. Used or new equipment donations should be coordinated through the main office in Costa Rica.

VIDA offers volunteers hands-on, eye-opening, mind-enriching volunteer experiences in a constructive and intercultural environment. We provide humanitarian services that help local people in need and learning experiences that benefit the volunteers.