

VIDA

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 medical mission trips or medical brigades by medical & nursing volunteers, pre-medical students, medical students, nursing 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 health care through medical brigades to those who would otherwise not receive any medical attention. We aim to support other international nonprofits in their commitment to the communities they work in as well as provide support to 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.

Donations needed for Volunteer Medical Brigades

Medical Equipment needed:

- 3 Stethoscopes
- 3 Blood pressure cuffs
- 3 Blood sugar monitors
- 3 Scales
- 3 Pill cutters
- 3 Pill trays
- 3 Otoscopes
- 3 Doppler fetal monitors
- 3 Instant Hemacrit monitors
- 3 Pen lights

NON- EXPIRED Medications Needed:

Analgesics: (Large quantities needed)

Acetaminophen (i.e. Tylenol) (Adult's, Children's, and Infant's)

Ibuprofen (i.e. Motrin) (Adult's, Children's, and Infant's)

Aspirin

Baby aspirin (81 mg)

Topicals:

Anti-fungal creams

Neosporin/Bacitracin

Triple antibiotic creams

Hydrocortisone cream

Vitamins and Mineral supplements: (Large quantities needed)

Vitamins

Children's Vitamins (chewable)

Infant Vitamins (drops)

Pre-natal Vitamins

Iron

Iron in liquid for infants

Calcium

Folic Acid

Antibiotics:

Cipro

Amoxicillin in tablets 500 mg

Amoxicillin in suspension for children

Cephalexin

Doxycycline

Clarithromycin 250-500 mg

Erythromycin 250-500 mg

Sulfa based abx

ampicillin

Antacids:

Cimetidine

Ranitidine

Famotidine

Tums

Maalox

Antihistamines:

Claritin D

Claritin

Alegra

Benadryl in tablets

Liquid antihistamine for children

Hypertension:

Enalapril

Captopril

Diabetes:

Metaformin

Glyberide

Asthma:

Albuterol nebulizers/Inhalers

Salbutamol

Antifungals:

Griseofulvin

Ketaconazole

Anti-Parasite Medications:

Albendazole

Mebendazole

Metronidazole

Other misc items

Anti-nausea medications

Oral rehydration packets for children and adults

Lice Shampoo

Condoms

Pregnancy Test Kits

Band aids

Clear plastic storage bins

Scissors

Tape (masking, duct, surgical)
Betadine liquid
Antibiotic soap
Elastic wraps for knees and ankles
Alcohol pads
Gauze
Surgical Gloves (all sizes)
Thermometers

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 medical equipment donations should be coordinated through the main office in Costa Rica.

*** Please don't bring any medications that are not on this list or that are expired as we will not be able to utilize them and there is a risk that they will be confiscated in Customs.**

***Medications should not be sent in packages to Costa Rica; they should be packed in luggage accompanied by a volunteer. If you bring medications, remember to print out the Customs letter. (See customs letter in the "downloads" section.)**

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.