

Dental program volunteers are encouraged to bring a minimum of \$150 in donations.

VIDA

Donations will be utilized in our dental brigades by dental volunteers, pre-dental students, dental students, and volunteer medical professionals in Costa Rica, Nicaragua, and Panama. 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.

Many people in Central America receive no regular dental care. By partnering with communities in need and globally-minded volunteers, we are able to provide basic dental care through dental mission trips to children and adults who would otherwise not receive basic cleanings, extractions, and fillings. 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.

Dental Items needed:

Gauze (2x2's) – large quantities
Toothbrushes (Children's and Adult's) – large quantities
Toothpaste – large quantities of small tubes
Dental Floss – large quantities
Face masks
Surgical Gloves (all sizes)

It is always a delight to see a smile on a child's face after he receives his first toothbrush.

Dental Equipment needed:

4 Portable Dental Patient Chairs
4 Portable Dentist seats

- 4 Portable Compressors with Dental unit
- 4 Ultraviolet lights (special lights to set fillings)
- 4 Amalgamators (special machines to mix the filling material)
- 4 Ultrasonic cleaning units (units that vibrate tarter off the teeth)
- 4 sets of Dental Hand Instruments for cleanings and extractions
- 4 Autoclaves (sterilizer for dental instruments)

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. Dental items & materials can be packed in regular luggage and accompanied by a volunteer.

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.