Gotta-Have-It Chart

For Competitors

One area of heartbreak at state and international HOSA competitive events is a failure to bring the needed supplies/materials to an event for orientation or competition. Every year competitors work very hard, only to lose points because they were not prepared.

Be prepared! This document lists what you need to bring to ILC. Some needs may vary from state to state. Check with your chapter advisor if you have any questions about area/district or state competition.

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| --- | --- | --- |
| Event | Orientation | Competition |
| Biomedical Debate | * Event guidelines
* 🖉🖉
* Photo ID
 | * Prepared topic materials (hard copy only)
* 8 ½ x 11” paper or index cards (optional)
* Watch or stopwatch (optional)
* 🖉🖉
* Photo ID
 |
| Biomedical Laboratory Science | * Event guidelines
* 🖉🖉
* Photo ID
 | * Watch with a second hand (optional)
* Disposable masks with ties or loops
* Disposable gown
* Disposable non-latex gloves
* Safety glasses, face shield or goggles
* Sterile non-latex surgical gloves
* 🖉🖉
* Photo ID
 |
| CERT Skills | * Event guidelines
* 🖉🖉
* Photo ID
 | * Watch with a second hand (optional)
* 🖉🖉
* Photo ID
* Disaster Kit
* Barrier supplies
* 12 pairs of non-latex exam gloves
* Goggles or safety glasses
* 2 dust masks
* Helmet (may be verbalized)
* Boots (may be verbalized)
* Scissors
* Victim tags (14) **No Pre-printed**
* Plain paper or note cards
* Masking tape
* Clipboard and spiral notebook (opt)
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| Event | Orientation | Competition |
| Clinical Nursing | * Event guidelines
* 🖉🖉
* Photo ID
 | * Watch with a second hand
* 🖉🖉
* Non-latex gloves, gown, goggles or safety glasses, mask
* Straight catheterization tray (disposable)
* Photo ID
 |
| Clinical Specialty | * Event guidelines
* 🖉🖉
* Skill video link and portfolio .pdf uploaded to STEM Premier by deadline
* Photo ID
 | * Portable DVD player, laptop or tablet with skill pre-loaded that operates on battery power
* Personal copy of the career portfolio in official HOSA portfolio
* (2) printed copies of career portfolio
* Photo ID
* 🖉🖉
 |
| Community Awareness | * Event guidelines
* Photo ID
* Portfolio .pdf uploaded to STEM Premier by deadline
 | * Team’s portfolio in an official HOSA portfolio
* (2) printed copies of portfolio
* Notes written on index cards or electronic notecards (opt)
* Watch with a second hand (opt)
* 🖉🖉
 |
| CPR/First Aid | * Event guidelines
* 🖉🖉
* Photo ID
 | * Watch with a second hand (opt)
* 🖉🖉
* Photo ID
* First aid kit or bag includes: (*One kit per person OR per team)*
* Cravats (5-10)
* Sterile gauze 4x4s, 6-10 total
* Any size roller bandages (4-6)
* One trauma dressing (ABD)
* Non-stick sterile dressings
* Mouth-to-mask device
* Bag-mask device (adult and infant)
* Biohazard bag
* Hand sanitizer
* Cell phone for simulating 911 call
* One pair of scissors
* Adhesive tape
* PPE: 10 pair of non-latex gloves and 2 sets of goggles or safety glasses
 |
| Creative Problem Solving | * Event guidelines
* 🖉🖉
* Photo ID
 | * 🖉🖉
* Watch with a second hand (opt)
* Photo ID
 |

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| --- | --- | --- |
| Event | Orientation | Competition |
| Dental Science | * Event guidelines
* 🖉🖉
* Photo ID
 | * Mask
* Disposable mask and gown
* Disposable non-latex gloves, overgloves, utility gloves
* Protective eyewear
* Watch with second hand (optional)
* Photo ID
* 🖉🖉
 |
| Dental Terminology | At the international level, the orientation and test will be combined.* Event guidelines
* 🖉🖉
* Photo ID
 |
| EMT | * Event guidelines
* 🖉🖉
* Photo ID
 | * Watch with a second hand
* 🖉🖉
* Photo ID
* EMT kit or bag includes: (*One kit per person OR per team)*
* PPE: 5 pairs of non-latex gloves, 2 masks, 2 gowns and 1 set of goggles or safety glasses for each competitor
* Cravats (4)
* Gauze 4x4s, (6)
* Any size self-adhering roller bandages (6)
* Scissors
* Adhesive tape
* Penlight
* 2 occlusive dressing supplies
* 4 abdominal dressings
* Stethoscope and B/P cuff
* Oral airway kit (sizes 0-6)
* BVM
* Pocket mask and/or other appropriate barrier (face shield, etc)
* Tourniquet
* Cell phone for simulating 911 call
 |
| Epidemiology | At the international level, the orientation and test will be combined.* Event guidelines
* 🖉🖉
* Photo ID
* Watch with second hand (optional)
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| --- | --- | --- |
| Event | Orientation | Competition |
| Extemporaneous Health Poster | * Event guidelines

Photo ID  | * Art supplies limited to: Pencils/ Pencil sharpener/ Erasers /Ruler / Instruments used for drawing arcs, angles and curves (Ie: T-square, protractor) / Ink pens / Colored markers/colored pencils/crayons / Charcoal and pastels / Art spray fixative or non-scented hairspray / Wet Wipes / Paper Towels / White Out / Chalk/sponges
* Personal music player w/headphones (optional)
* Watch with a second hand (optional)

Photo ID |
| Extemporaneous Writing | At the international level, the orientation and essay will be combined.* Event guidelines
* Electronic device containing a USB port that operates on battery power
* Preformatted Word document (opt)
* Software to convert Word to .pdf (optional)
* Watch with a second hand (opt)
* Photo ID
* 🖉🖉
 |
| Forensic Science | * Event guidelines
* 🖉🖉
* Photo ID
 | * 🖉🖉
* Highlighters (optional)
* Watch with a second hand (opt)
* Photo ID
 |
| Health Career Display | * Event guidelines
* Photo ID
 | * Display with References & ID info
* Index cards or electronic notecards (opt)
* Photo ID
* 🖉🖉
 |
| Health Career Photography | * Event guidelines
* Photo .jpgs, permission forms & narratives uploaded to STEM Premier by deadline
* Photo ID
* Official HOSA portfolio w/Cover Page
* Three photos in clear sheet protectors with typed narrative & permission forms
 | * Official HOSA portfolio w/Cover Page, photos & paperwork
* Watch with a second hand (opt)
* Photo ID
* 🖉🖉
 |
| Healthy Lifestyle | * Event guidelines
* 🖉🖉
* Photo ID
 | * Original official HOSA portfolio
* (2) printed copies of portfolio
* Index cards or electronic notecards (optional)
* Watch with a second hand (opt)
* Photo ID
 |
| **Event** | **Orientation** | **Competition** |
| Healthcare Issues Exam | At the international level, the orientation and test will be combined.* 🖉🖉
* Photo ID
* NO guidelines required
 |
| Health Education | * Event guidelines
* .pdf of portfolio uploaded to STEM Premier by deadline
* 🖉🖉
* Photo ID
 | * Original official HOSA portfolio
* (2) printed copies of portfolio
* Notes written on index cards or electronic notecards (opt)
* Watch with a second hand (opt)
* Photo ID
* 🖉🖉
 |
| Home Health Aide | * Event guidelines
* 🖉🖉
* Photo ID
 | * Watch with a second hand
* #2 pencils with eraser
* Non-latex gloves (3 pair)
* Tape – ½” or 1”
* Scissors
* Photo ID
* 🖉🖉
 |
| HOSA Bowl | * Event guidelines
* 🖉🖉
* Photo ID
 | * Watch with a second hand (opt)
* Photo ID
* 🖉🖉
 |
| HOSA Happenings | At the international level, this event participates in Project Display Time only.* Print or electronic newsletter

HOSA Happenings* 🖉🖉
 |
| Interviewing Skills | * Event guidelines
* Eligibility form uploaded to STEM Premier by deadline
* Pens (blue or black)
* Cover letter and resume (3 copies)
* Photo ID
 | * Watch with a second hand (opt)
* Photo ID
* 🖉🖉
 |
| Job Seeking Skills | * Event guidelines
* Cover letter and resume uploaded to STEM Premier by deadline
* Pens (blue or black)
* Cover letter and resume (3 copies)
* Photo ID
 | * Watch with a second hand (opt)
* Photo ID
* 🖉🖉
 |
| Knowledge Tests (all KT) | At the international level, the orientation and test will be combined.* Event guidelines
* 🖉🖉
* Photo ID
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| --- | --- | --- |
| Event | * Orientation
 | * Competition
 |
| Life Support Skills | * Event guidelines
* Eligibility form uploaded to STEM Premier by deadline
* Photo ID
 | * Watch with a second hand (opt)
* Photo ID
* 🖉🖉
* First aid kit or bag includes:
* Cravats (5-10)
* Sterile gauze 4x4s, 6-10 total
* Any size roller bandages (4-6)
* One trauma dressing (ABD)
* Non-stick sterile dressings
* Mouth-to-mask device
* Bag-mask device (adult and infant)
* Biohazard bag
* Hand sanitizer
* Cell phone for simulating 911 call
* One pair of scissors
* Adhesive tape
* PPE: 4 pair of non-latex gloves and 1 sets of goggles or safety glasses
 |
| Medical Assisting | * Event guidelines
* 🖉🖉
* Photo ID
 | * 🖉🖉
* Red pen
* Barrier devices (non-latex gloves, gown, goggles or safety glasses, mask)
* Non-latex sterile surgical gloves
* Photo ID
 |
| Existing Medical InnovationOriginal Medical Innovation | * Event guidelines
* Video demo (60 sec) link uploaded to STEM Premier by deadline
* Innovation, display materials, Reference page
* All needed audio visual equipment (battery operated)
* Photo ID
 | * Innovation, display materials, Reference page
* All needed audio visual equipment (battery operated)
* 🖉🖉
* Index cards or electronic notecards (opt)
* Photo ID
 |
| Medical Math | At the international level, the orientation and test will be combined.* Event guidelines
* 🖉🖉
* Photo ID
 |
| Medical Reading | At the international level, the orientation and test will be combined.* Event guidelines
* 🖉🖉
* Photo ID
 |
| Medical Spelling | At the international level, the orientation and test will be combined.* Event guidelines
* 🖉🖉

Photo ID  |

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| --- | --- | --- |
| Event | Orientation | Competition |
| Medical Terminology | At the international level, the orientation and test will be combined.* Event guidelines
* 🖉🖉
* Photo ID
 |
| MRC Partnership | * Event guidelines
* Portfolio .pdf and Partner Verification Form uploaded to STEM Premier by deadline
* Photo ID
 | * Original official HOSA portfolio
* Index cards or electronic notecards (opt)
* (2) printed copies of portfolio
* Watch with second hand (optional)
* Photo ID
* 🖉🖉
 |
| Nursing Assisting | * Event guidelines
* 🖉🖉
* Photo ID
 | * Watch with a second hand or timer
* 🖉🖉
* Barrier devices (non-latex gloves, gown, goggles or safety glasses, mask)
* Gait belt (opt)
* Hand brush
* Photo ID
 |
| Outstanding HOSA Chapter | At the international level, the scrapbook is turned in during the orientation.* Event guidelines
* Scrapbook
 |
| Parliamentary Procedure | * Event guidelines
* 🖉🖉

Photo ID  | * 🖉🖉
* Copy of minutes of preceding meeting, treasurer’s report and committee report(s)
* Watch with a second hand (opt)

Photo ID |
| Personal Care | * Event guidelines
* Eligibility form uploaded to STEM Premier by deadline
* Photo ID
 | * Watch with a second hand
* 🖉🖉
* Barrier devices (non-latex gloves, gown, goggles or safety glasses, mask)
* Gait belt (opt)
* Hand brush
* Photo ID
 |
| Physical Therapy | * Event guidelines
* 🖉🖉
* Photo ID
 | * Watch with a second hand
* 🖉🖉
* Gait belt (opt)
* Photo ID
 |

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| --- | --- | --- |
| Event | Orientation | Competition |
| Pharmacy Science | * Event guidelines
* 🖉🖉
* Photo ID
 | * Ink pen
* 🖉🖉
* Photo ID
* Shoe covers
* Face mask
* Hair cover w/beard cover as appropriate
* Hair tie for long hair as appropriate
* Sterile non-shedding gown w/snug cuffs
* Eye shields or goggles
* Sterile, powder-free non-latex gloves
 |
| Prepared Speaking | * Event guidelines
* Photo ID
 | * Paper or electronic notecards (opt)
* Watch with a second hand (opt)
* Photo ID
* 🖉🖉
 |
| Public Health | * Event guidelines
* Photo ID
* 🖉🖉
 | * Equipment and/or presentation aids to be used
* Index cards or electronic notecards (opt)
* Watch with a second hand (opt)
* Photo ID
* 🖉🖉
 |
| Public Service Announcement | * Event guidelines
* PSA link uploaded to STEM Premier by deadline
* Photo ID
 | * Laptop or portable DVD player using battery power to show the PSA
* Large envelope with:
* w/HOSA chapter (name, number, and division), school name and team member names
* Copy of PSA on DVD or flash drive
* Signed air date form, validation form and copyright form w/copyright permission letters or proof of legal use of music, logos, etc... (if needed)
* One DVD or Flash drive with 30 sec PSA to show judges
* 🖉🖉
* Watch with a second hand (opt)
* Photo ID
 |
| Researched Persuasive Writing and Speaking | * Event guidelines
* Paper uploaded to STEM Premier by deadline
* Photo ID
 | * 3 copies of research paper
* Index cards or electronic notecards (opt)
* Watch with a second hand (opt)
* Photo ID
* 🖉🖉
 |

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| --- | --- | --- |
| Event | Orientation | Competition |
| Speaking Skills | * Event guidelines
* Eligibility form uploaded to STEM Premier by deadline
* Photo ID
 | * Paper or electronic notecards (optional)
* Watch with a second hand (opt)
* Photo ID
* 🖉🖉
 |
| Sports Medicine | * Event guidelines
* 🖉🖉
* Photo ID
 | * Watch with a second hand (opt)
* 🖉🖉
* Underwrap of any size, color or type
* Athletic tape appropriate for skills
* Elastic wrap
* Tape scissors or tape cutter
* Heel or lace pad coated with friction proofing material
* Photo ID
 |
| Veterinary Science | * Event guidelines
* 🖉🖉
* Photo ID
 | * 🖉🖉
* Sterile non-latex surgical gloves
* Exam non-latex gloves
* 2-4“ wide gauze roll (18” or longer)
* Watch with a second hand (opt)
* Photo ID
 |