








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











Event	Orientation	Competition
<i>Biomedical Debate</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> 	<input type="checkbox"/> Prepared topic materials (hard copy only) <input type="checkbox"/> 8 ½ x 11" paper or index cards (optional) <input type="checkbox"/> Watch or stopwatch for team members (optional)
<i>Biomedical Laboratory Science</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> 	<input type="checkbox"/> Watch with a second hand (optional) <input type="checkbox"/> Disposable masks with ties or loops <input type="checkbox"/> Disposable gown <input type="checkbox"/> Disposable non-latex gloves <input type="checkbox"/> Safety glasses, face shield or goggles <input type="checkbox"/> Sterile non-latex surgical gloves
<i>CERT Skills</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> 	<input type="checkbox"/> Watch with a second hand (optional) <input type="checkbox"/> Two #2 pencils with eraser <input type="checkbox"/> Disaster Kit <ul style="list-style-type: none"> ✓ Barrier supplies <ul style="list-style-type: none"> • Box of non-latex exam gloves • Goggles or safety glasses • 2 dust masks • Helmet (may be verbalized) • Boots (may be verbalized) • 4x4 dressings (2 per team member) • Pressure bandages • Scissors • Flashlights • Blankets (1 per team member) • Victim tags (14) No Pre-printed • Plain paper or note cards • Masking tape • Clipboard and spiral notebook (opt)



Event	Orientation	Competition
<i>Clinical Nursing</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> 	<input type="checkbox"/> Watch with a second hand <input type="checkbox"/> Two #2 pencils <input type="checkbox"/> Non-latex gloves, gown, goggles or safety glasses, mask <input type="checkbox"/> Straight catheterization tray (disposable)
<i>Clinical Specialty</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/>  <input type="checkbox"/> Skill video link and portfolio .pdf uploaded to STEM Premier by deadline	<input type="checkbox"/> Portable DVD player, laptop or tablet with skill pre-loaded that operates on battery power <input type="checkbox"/> Personal copy of the career portfolio in official HOSA portfolio <input type="checkbox"/> (2) printed copies of career portfolio
<i>Community Awareness</i>	<input type="checkbox"/> Event guidelines	<input type="checkbox"/> Team's portfolio in an official HOSA portfolio <input type="checkbox"/> (2) printed copies of portfolio <input type="checkbox"/> Notes written on index cards or electronic notecards (opt) <input type="checkbox"/> Watch with a second hand (opt)
<i>CPR/First Aid</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> 	<input type="checkbox"/> Watch with a second hand (opt) <input type="checkbox"/> Pens and pencils <input type="checkbox"/> First aid kit or bag includes: (<i>One kit per person OR per team</i>) <ul style="list-style-type: none"> • 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
<i>Creative Problem Solving</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> 	<input type="checkbox"/> #2 pencils with erasers <input type="checkbox"/> Watch with a second hand (opt)



Event	Orientation	Competition
<i>Dental Science</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> 	<input type="checkbox"/> Mask <input type="checkbox"/> Disposable mask and gown <input type="checkbox"/> Disposable non-latex gloves, overgloves, utility gloves <input type="checkbox"/> Protective eyewear (assistant) <input type="checkbox"/> Watch with second hand (optional)
<i>Dental Terminology</i>	At the international level, the orientation and test will be combined. <input type="checkbox"/> Event guidelines <input type="checkbox"/> 	
<i>EMT</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> 	<input type="checkbox"/> Watch with a second hand <input type="checkbox"/> #2 pencils with erasers <input type="checkbox"/> EMT kit or bag includes: (<i>One kit per person OR per team</i>) <ul style="list-style-type: none"> • PPE: 10 pairs of non-latex gloves, 2 masks, 2 gowns and 1 set of goggles or safety glasses for each competitor • Cravats (6) • Sterile gauze 4x4s, (10) • Any size roller bandages (10) • Scissors • Adhesive tape • Penlight • 3 occlusive dressing supplies • 3 abdominal dressings • Stethoscope and B/P cuff • Trauma dressing (ABD) • Oral airway kit (sizes 0-6) • BVM • Mouth-to-mask device or face shield • Tourniquet • Cell phone for simulating 911 call
<i>Epidemiology</i>	At the international level, the orientation and test will be combined. <input type="checkbox"/> Event guidelines <input type="checkbox"/>  <input type="checkbox"/> Watch with second hand (optional)	
<i>Extemporaneous Health Poster</i>	<input type="checkbox"/> Event guidelines	<input type="checkbox"/> Art supplies limited to: Pencils, crayons, ruler, instrument for drawing arcs/angles/curves, ink pens, colored markers, colored pencils, erasers, charcoal, pastels, art spray fixative or non-scented hairspray, wet wipes, paper towels, white out, chalk, sponges & pencil sharpener. <input type="checkbox"/> Personal music player (optional) <input type="checkbox"/> Watch with a second hand (optional)

Event	Orientation	Competition
<i>Extemporaneous Writing</i>	At the international level, the orientation and essay will be combined. <input type="checkbox"/> Event guidelines <input type="checkbox"/> Laptop computer with Microsoft Word on battery power <input type="checkbox"/> Preformatted Word document (opt) <input type="checkbox"/> Software to convert Word to .pdf (optional) <input type="checkbox"/> Watch with a second hand (opt)	
<i>Forensic Medicine</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> 	<input type="checkbox"/>  <input type="checkbox"/> Highlighters (optional) <input type="checkbox"/> Watch with a second hand (opt)
<i>Health Career Display</i>	<input type="checkbox"/> Event guidelines	<input type="checkbox"/> Display with References <input type="checkbox"/> #2 pencil <input type="checkbox"/> Index cards or electronic notecards (opt) <input type="checkbox"/> White cloth table drape (opt)
<i>Health Career Photography</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> Photo .jpgs uploaded to STEM Premier by deadline	<input type="checkbox"/> Official HOSA portfolio <input type="checkbox"/> Cover Page <input type="checkbox"/> Three photos in clear sheet protectors with typed narrative & permission forms <input type="checkbox"/> #2 pencil <input type="checkbox"/> Watch with a second hand (opt)
<i>Healthy Lifestyle</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> 	<input type="checkbox"/> Original portfolio in official HOSA portfolio <input type="checkbox"/> (2) printed copies of portfolio <input type="checkbox"/> Index cards or electronic notecards (optional) <input type="checkbox"/> Watch with a second hand (opt)
<i>Healthcare Issues Exam</i>	At the international level, the orientation and test will be combined. <input type="checkbox"/>  <input type="checkbox"/> NO guidelines required	
<i>Health Education</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> 	<input type="checkbox"/> Team's portfolio in an official HOSA portfolio <input type="checkbox"/> Two plain paper copies of the portfolio <input type="checkbox"/> Notes written on index cards or electronic notecards (opt) <input type="checkbox"/> Watch with a second hand (opt)
<i>Home Health Aide</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> 	<input type="checkbox"/> Watch with a second hand <input type="checkbox"/> #2 pencils with eraser <input type="checkbox"/> Non-latex gloves (3 pair) <input type="checkbox"/> Tape – ½" or 1" <input type="checkbox"/> Scissors
<i>HOSA Bowl</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> 	<input type="checkbox"/> Watch with a second hand (opt)

Event	Orientation	Competition
<i>HOSA Happenings</i>	At the international level, this event participates in Project Display Time only. Print or electronic newsletter HOSA Happenings	
<i>Interviewing Skills</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> Pens (blue or black) <input type="checkbox"/> Cover letter and resume (3 copies)	<input type="checkbox"/> Watch with a second hand (opt) <input type="checkbox"/> Eligibility form uploaded to STEM Premier by deadline
<i>Job Seeking Skills</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> Pens (blue or black) <input type="checkbox"/> Cover letter and resume (3 copies)	<input type="checkbox"/> Watch with a second hand (opt) <input type="checkbox"/> Cover letter and resume uploaded to STEM Premier by deadline
<i>Knowledge Tests (all)</i>	At the international level, the orientation and test will be combined. <input type="checkbox"/> Event guidelines <input type="checkbox"/> 	
<i>Life Support Skills</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> Eligibility form uploaded to STEM Premier by deadline	<input type="checkbox"/> Watch with a second hand (opt) <input type="checkbox"/> First aid kit or bag includes: <ul style="list-style-type: none"> • 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
<i>Medical Assisting</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> 	<input type="checkbox"/> Watch with a second hand (opt) <input type="checkbox"/> #2 pencils with eraser <input type="checkbox"/> Red pen <input type="checkbox"/> Barrier devices (non-latex gloves, gown, goggles or safety glasses, mask) <input type="checkbox"/> Non-latex sterile surgical gloves

Event	Orientation	Competition
<i>Medical Innovation-Existing</i> <i>Medical Innovation-Original</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> Video demo link uploaded to STEM Premier by deadline	<input type="checkbox"/> Innovation, display materials, Reference page <input type="checkbox"/> All needed audio visual equipment (battery operated) <input type="checkbox"/> #2 pencil <input type="checkbox"/> Index cards or electronic notecards (opt) <input type="checkbox"/> White cloth table drape (opt)
<i>Medical Math</i>	At the international level, the orientation and test will be combined. <input type="checkbox"/> Event guidelines <input type="checkbox"/>  	
<i>Medical Reading</i>	At the international level, the orientation and test will be combined. <input type="checkbox"/> Event guidelines <input type="checkbox"/>  	
<i>Medical Spelling</i>	At the international level, the orientation and test will be combined. <input type="checkbox"/> Event guidelines <input type="checkbox"/>  	
<i>Medical Terminology</i>	At the international level, the orientation and test will be combined. <input type="checkbox"/> Event guidelines <input type="checkbox"/>  	
<i>MRC Partnership</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> Portfolio .pdf and Partner Verification Form uploaded to STEM Premier by deadline	<input type="checkbox"/> Index cards or electronic notecards (opt) <input type="checkbox"/> (2) printed copies of portfolio <input type="checkbox"/> Team's portfolio in official HOSA notebook or portfolio <input type="checkbox"/> Watch with second hand (optional)
<i>Nursing Assisting</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/>  	<input type="checkbox"/> Watch with a second hand <input type="checkbox"/> #2 pencils with eraser <input type="checkbox"/> Set of linens (one flat sheet, one fitted sheet, one draw/flat sheet, one pillow case) <input type="checkbox"/> Blanket or spread (opt) <input type="checkbox"/> Barrier devices (non-latex gloves, gown, goggles or safety glasses, mask) <input type="checkbox"/> Gait belt (opt) <input type="checkbox"/> Hand brush
<i>Outstanding HOSA Chapter</i>	At the international level, the scrapbook is turned in during the orientation. <input type="checkbox"/> Event guidelines <input type="checkbox"/> Scrapbook	<input type="checkbox"/> Outstanding HOSA Chapter

Event	Orientation	Competition
<i>Parliamentary Procedure</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> 	<input type="checkbox"/> Pens and #2 pencils with eraser <input type="checkbox"/> Copy of minutes of preceding meeting, treasurer's report and committee report(s) <input type="checkbox"/> Watch with a second hand (opt)
<i>Personal Care</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> Eligibility form uploaded to STEM Premier by deadline	<input type="checkbox"/> Watch with a second hand <input type="checkbox"/> #2 pencils with eraser <input type="checkbox"/> Set of linens (one flat sheet, one fitted sheet, one draw/flat sheet, one pillow case) <input type="checkbox"/> Blanket or spread (opt) <input type="checkbox"/> Barrier devices (non-latex gloves, gown, goggles or safety glasses, mask) <input type="checkbox"/> Gait belt (opt) <input type="checkbox"/> Hand brush
<i>Physical Therapy</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> 	<input type="checkbox"/> Watch with a second hand <input type="checkbox"/> #2 pencils with eraser <input type="checkbox"/> Gait belt (opt)
<i>Prepared Speaking</i>	<input type="checkbox"/> Event guidelines	<input type="checkbox"/> Paper or electronic notecards (opt) <input type="checkbox"/> Watch with a second hand (opt)
<i>Public Health</i>	<input type="checkbox"/> Event guidelines	<input type="checkbox"/> Equipment and/or presentation aids to be used <input type="checkbox"/> Index cards or electronic notecards (opt) <input type="checkbox"/> Watch with a second hand (opt)
<i>Public Service Announcement</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> PSA link uploaded to STEM Premier by deadline	<input type="checkbox"/> Laptop or portable DVD player using battery power to show the PSA <input type="checkbox"/> Large envelope with: <ul style="list-style-type: none"> • HOSA chapter name/#/division, school name, competitor names • Copy of PSA on DVD or flash drive • Signed air date form, validation form and copyright form <input type="checkbox"/> One DVD or Flash drive with 30 sec PSA for judges <input type="checkbox"/> #2 pencil <input type="checkbox"/> Watch with a second hand (opt)
<i>Researched Persuasive Writing and Speaking</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> Paper uploaded to STEM Premier by deadline	<input type="checkbox"/> Three plain paper copies of the research paper <input type="checkbox"/> Index cards or electronic notecards (opt) <input type="checkbox"/> Watch with a second hand (opt)

<i>Event</i>	<i>Orientation</i>	<i>Competition</i>
<i>Speaking Skills</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> Eligibility form uploaded to STEM Premier by deadline	<input type="checkbox"/> Paper or electronic notecards (optional) <input type="checkbox"/> Watch with a second hand (opt)
<i>Sports Medicine</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> 	<input type="checkbox"/> Watch with a second hand (opt) <input type="checkbox"/> #2 pencils with eraser <input type="checkbox"/> Underwrap of any size, color or type <input type="checkbox"/> Athletic tape appropriate for skills <input type="checkbox"/> Elastic wrap <input type="checkbox"/> Tape scissors or tape cutter <input type="checkbox"/> Heel or lace pad coated with friction proofing material
<i>Veterinary Science</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> 	<input type="checkbox"/> #2 pencils with eraser <input type="checkbox"/> Sterile non-latex surgical gloves <input type="checkbox"/> Sterile 4x4's (6) <input type="checkbox"/> Exam non-latex gloves (non-sterile) <input type="checkbox"/> 2-4" wide gauze (18 inches or longer) <input type="checkbox"/> Watch with a second hand (opt)