
















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.








Event	Orientation	Competition
<i>Biomedical Debate</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/>   <input type="checkbox"/> Photo ID	<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 (optional) <input type="checkbox"/>  <input type="checkbox"/> Photo ID
<i>Biomedical Laboratory Science</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/>  <input type="checkbox"/> Photo ID	<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 <input type="checkbox"/>  <input type="checkbox"/> Photo ID
<i>CERT Skills</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/>  <input type="checkbox"/> Photo ID	<input type="checkbox"/> Watch with a second hand (optional) <input type="checkbox"/>  <input type="checkbox"/> Photo ID <input type="checkbox"/> Disaster Kit <ul style="list-style-type: none"> ✓ Barrier supplies <ul style="list-style-type: none"> • 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)










Event	Orientation	Competition
<i>Clinical Nursing</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/>  <input type="checkbox"/> Photo ID	<input type="checkbox"/> Watch with a second hand <input type="checkbox"/>  <input type="checkbox"/> Non-latex gloves, gown, goggles or safety glasses, mask <input type="checkbox"/> Straight catheterization tray (disposable) <input type="checkbox"/> Photo ID
<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"/> Photo ID	<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 <input type="checkbox"/> Photo ID <input type="checkbox"/> 
<i>Community Awareness</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> Photo ID <input type="checkbox"/> Portfolio .pdf uploaded to STEM Premier by deadline	<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) <input type="checkbox"/> 
<i>CPR/First Aid</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/>  <input type="checkbox"/> Photo ID	<input type="checkbox"/> Watch with a second hand (opt) <input type="checkbox"/>  <input type="checkbox"/> Photo ID <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"/> Photo ID	<input type="checkbox"/>  <input type="checkbox"/> Watch with a second hand (opt) <input type="checkbox"/> Photo ID








Event	Orientation	Competition
<i>Dental Science</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/>  <input type="checkbox"/> Photo ID	<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 <input type="checkbox"/> Watch with second hand (optional) <input type="checkbox"/> Photo ID <input type="checkbox"/> 
<i>Dental Terminology</i>	At the international level, the orientation and test will be combined. <input type="checkbox"/> Event guidelines <input type="checkbox"/>  <input type="checkbox"/> Photo ID	
<i>EMT</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/>  <input type="checkbox"/> Photo ID	<input type="checkbox"/> Watch with a second hand <input type="checkbox"/>  <input type="checkbox"/> Photo ID <input type="checkbox"/> EMT kit or bag includes: (<i>One kit per person OR per team</i>) <ul style="list-style-type: none"> • 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
<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"/> Photo ID <input type="checkbox"/> Watch with second hand (optional)	






Event	Orientation	Competition
<i>Extemporaneous Health Poster</i>	<input type="checkbox"/> Event guidelines Photo ID	<input type="checkbox"/> 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 <input type="checkbox"/> Personal music player w/headphones (optional) <input type="checkbox"/> Watch with a second hand (optional) Photo ID
<i>Extemporaneous Writing</i>	At the international level, the orientation and essay will be combined. <input type="checkbox"/> Event guidelines <input type="checkbox"/> Electronic device containing a USB port that operates 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) <input type="checkbox"/> Photo ID <input type="checkbox"/>  	
<i>Forensic Science</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/>   <input type="checkbox"/> Photo ID	<input type="checkbox"/>   <input type="checkbox"/> Highlighters (optional) <input type="checkbox"/> Watch with a second hand (opt) <input type="checkbox"/> Photo ID
<i>Health Career Display</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> Photo ID	<input type="checkbox"/> Display with References & ID info <input type="checkbox"/> Index cards or electronic notecards (opt) <input type="checkbox"/> Photo ID <input type="checkbox"/>  
<i>Health Career Photography</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> Photo .jpgs, permission forms & narratives uploaded to STEM Premier by deadline <input type="checkbox"/> Photo ID <input type="checkbox"/> Official HOSA portfolio w/Cover Page <input type="checkbox"/> Three photos in clear sheet protectors with typed narrative & permission forms	<input type="checkbox"/> Official HOSA portfolio w/Cover Page, photos & paperwork <input type="checkbox"/> Watch with a second hand (opt) <input type="checkbox"/> Photo ID <input type="checkbox"/>  
<i>Healthy Lifestyle</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/>   <input type="checkbox"/> Photo ID	<input type="checkbox"/> Original 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) <input type="checkbox"/> Photo ID

Event	Orientation	Competition
<i>Healthcare Issues Exam</i>	At the international level, the orientation and test will be combined. <ul style="list-style-type: none"> <input type="checkbox"/>  <input type="checkbox"/> Photo ID <input type="checkbox"/> NO guidelines required 	
<i>Health Education</i>	<ul style="list-style-type: none"> <input type="checkbox"/> Event guidelines <input type="checkbox"/> .pdf of portfolio uploaded to STEM Premier by deadline <input type="checkbox"/>  <input type="checkbox"/> Photo ID 	<ul style="list-style-type: none"> <input type="checkbox"/> Original 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) <input type="checkbox"/> Photo ID <input type="checkbox"/> 
<i>Home Health Aide</i>	<ul style="list-style-type: none"> <input type="checkbox"/> Event guidelines <input type="checkbox"/>  <input type="checkbox"/> Photo ID 	<ul style="list-style-type: none"> <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 <input type="checkbox"/> Photo ID <input type="checkbox"/> 
<i>HOSA Bowl</i>	<ul style="list-style-type: none"> <input type="checkbox"/> Event guidelines <input type="checkbox"/>  <input type="checkbox"/> Photo ID 	<ul style="list-style-type: none"> <input type="checkbox"/> Watch with a second hand (opt) <input type="checkbox"/> Photo ID <input type="checkbox"/> 
<i>HOSA Happenings</i>	At the international level, this event participates in Project Display Time only. <ul style="list-style-type: none"> <input type="checkbox"/> Print or electronic newsletter HOSA Happenings <input type="checkbox"/>  	
<i>Interviewing Skills</i>	<ul style="list-style-type: none"> <input type="checkbox"/> Event guidelines <input type="checkbox"/> Eligibility form uploaded to STEM Premier by deadline <input type="checkbox"/> Pens (blue or black) <input type="checkbox"/> Cover letter and resume (3 copies) <input type="checkbox"/> Photo ID 	<ul style="list-style-type: none"> <input type="checkbox"/> Watch with a second hand (opt) <input type="checkbox"/> Photo ID <input type="checkbox"/> 
<i>Job Seeking Skills</i>	<ul style="list-style-type: none"> <input type="checkbox"/> Event guidelines <input type="checkbox"/> Cover letter and resume uploaded to STEM Premier by deadline <input type="checkbox"/> Pens (blue or black) <input type="checkbox"/> Cover letter and resume (3 copies) <input type="checkbox"/> Photo ID 	<ul style="list-style-type: none"> <input type="checkbox"/> Watch with a second hand (opt) <input type="checkbox"/> Photo ID <input type="checkbox"/> 
<i>Knowledge Tests (all KT)</i>	At the international level, the orientation and test will be combined. <ul style="list-style-type: none"> <input type="checkbox"/> Event guidelines <input type="checkbox"/>  <input type="checkbox"/> Photo ID 	

Event	☐ Orientation	☐ Competition
<i>Life Support Skills</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> Eligibility form uploaded to STEM Premier by deadline <input type="checkbox"/> Photo ID	<input type="checkbox"/> Watch with a second hand (opt) <input type="checkbox"/> Photo ID <input type="checkbox"/>  <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"/> Photo ID	<input type="checkbox"/>  <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 <input type="checkbox"/> Photo ID
<i>Existing Medical Innovation</i> <i>Original Medical Innovation</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> Video demo (60 sec) 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"/> Photo ID	<input type="checkbox"/> Innovation, display materials, Reference page <input type="checkbox"/> All needed audio visual equipment (battery operated) <input type="checkbox"/>  <input type="checkbox"/> Index cards or electronic notecards (opt) <input type="checkbox"/> Photo ID
<i>Medical Math</i>	At the international level, the orientation and test will be combined. <input type="checkbox"/> Event guidelines <input type="checkbox"/>  <input type="checkbox"/> Photo ID	
<i>Medical Reading</i>	At the international level, the orientation and test will be combined. <input type="checkbox"/> Event guidelines <input type="checkbox"/>  <input type="checkbox"/> Photo ID	
<i>Medical Spelling</i>	At the international level, the orientation and test will be combined. <input type="checkbox"/> Event guidelines <input type="checkbox"/>  Photo ID	

Event	Orientation	Competition
<i>Medical Terminology</i>	At the international level, the orientation and test will be combined. <ul style="list-style-type: none"> <input type="checkbox"/> Event guidelines <input type="checkbox"/>  <input type="checkbox"/> Photo ID 	
<i>MRC Partnership</i>	<ul style="list-style-type: none"> <input type="checkbox"/> Event guidelines <input type="checkbox"/> Portfolio .pdf and Partner Verification Form uploaded to STEM Premier by deadline <input type="checkbox"/> Photo ID 	<ul style="list-style-type: none"> <input type="checkbox"/> Original official HOSA portfolio <input type="checkbox"/> Index cards or electronic notecards (opt) <input type="checkbox"/> (2) printed copies of portfolio <input type="checkbox"/> Watch with second hand (optional) <input type="checkbox"/> Photo ID <input type="checkbox"/> 
<i>Nursing Assisting</i>	<ul style="list-style-type: none"> <input type="checkbox"/> Event guidelines <input type="checkbox"/>  <input type="checkbox"/> Photo ID 	<ul style="list-style-type: none"> <input type="checkbox"/> Watch with a second hand or timer <input type="checkbox"/>  <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 <input type="checkbox"/> Photo ID
<i>Outstanding HOSA Chapter</i>	At the international level, the scrapbook is turned in during the orientation. <ul style="list-style-type: none"> <input type="checkbox"/> Event guidelines <input type="checkbox"/> Scrapbook 	
<i>Parliamentary Procedure</i>	<ul style="list-style-type: none"> <input type="checkbox"/> Event guidelines <input type="checkbox"/>  Photo ID 	<ul style="list-style-type: none"> <input type="checkbox"/>  <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) Photo ID
<i>Personal Care</i>	<ul style="list-style-type: none"> <input type="checkbox"/> Event guidelines <input type="checkbox"/> Eligibility form uploaded to STEM Premier by deadline <input type="checkbox"/> Photo ID <input type="checkbox"/> 	<ul style="list-style-type: none"> <input type="checkbox"/> Watch with a second hand <input type="checkbox"/>  <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 <input type="checkbox"/> Photo ID
<i>Physical Therapy</i>	<ul style="list-style-type: none"> <input type="checkbox"/> Event guidelines <input type="checkbox"/>  <input type="checkbox"/> Photo ID 	<ul style="list-style-type: none"> <input type="checkbox"/> Watch with a second hand <input type="checkbox"/>  <input type="checkbox"/> Gait belt (opt) <input type="checkbox"/> Photo ID

Event	Orientation	Competition
<i>Pharmacy Science</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/>  <input type="checkbox"/> Photo ID	<input type="checkbox"/> Ink pen <input type="checkbox"/>  <input type="checkbox"/> Photo ID <input type="checkbox"/> Shoe covers <input type="checkbox"/> Face mask <input type="checkbox"/> Hair cover w/beard cover as appropriate <input type="checkbox"/> Hair tie for long hair as appropriate <input type="checkbox"/> Sterile non-shedding gown w/snug cuffs <input type="checkbox"/> Eye shields or goggles <input type="checkbox"/> Sterile, powder-free non-latex gloves
<i>Prepared Speaking</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> Photo ID	<input type="checkbox"/> Paper or electronic notecards (opt) <input type="checkbox"/> Watch with a second hand (opt) <input type="checkbox"/> Photo ID <input type="checkbox"/> 
<i>Public Health</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> Photo ID <input type="checkbox"/> 	<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) <input type="checkbox"/> Photo ID <input type="checkbox"/> 
<i>Public Service Announcement</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> PSA link uploaded to STEM Premier by deadline <input type="checkbox"/> Photo ID	<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"> • 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) <input type="checkbox"/> One DVD or Flash drive with 30 sec PSA to show judges <input type="checkbox"/>  <input type="checkbox"/> Watch with a second hand (opt) <input type="checkbox"/> Photo ID
<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"/> Photo ID	<input type="checkbox"/> 3 copies of research paper <input type="checkbox"/> Index cards or electronic notecards (opt) <input type="checkbox"/> Watch with a second hand (opt) <input type="checkbox"/> Photo ID <input type="checkbox"/> 

Event	Orientation	Competition
<i>Speaking Skills</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> Eligibility form uploaded to STEM Premier by deadline <input type="checkbox"/> Photo ID	<input type="checkbox"/> Paper or electronic notecards (optional) <input type="checkbox"/> Watch with a second hand (opt) <input type="checkbox"/> Photo ID <input type="checkbox"/> 
<i>Sports Medicine</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/>  <input type="checkbox"/> Photo ID	<input type="checkbox"/> Watch with a second hand (opt) <input type="checkbox"/>  <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 <input type="checkbox"/> Photo ID
<i>Veterinary Science</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/>  <input type="checkbox"/> Photo ID	<input type="checkbox"/>  <input type="checkbox"/> Sterile non-latex surgical gloves <input type="checkbox"/> Exam non-latex gloves <input type="checkbox"/> 2-4" wide gauze roll (18" or longer) <input type="checkbox"/> Watch with a second hand (opt) <input type="checkbox"/> Photo ID