

























Gotta-Have-It Chart










For Competitors












Be prepared! This document is a summary of what competitors 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/regional or state competition. While we do our best to summarize the supplies needed for each event in this file, please note you should ALWAYS check the official event guidelines and follow all rules listed in the guidelines, <http://www.hosa.org/guidelines>.








Event	Orientation	Competition
<i>Behavioral Health</i>	At the international level, the orientation and test will be combined. <input type="checkbox"/>  <input type="checkbox"/> Photo ID	
<i>Biomedical Debate</i>	<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 with a second hand (optional-Rd2 only) <input type="checkbox"/>  <input type="checkbox"/> Photo ID
<i>Biomedical Laboratory Science</i>	<input type="checkbox"/>  <input type="checkbox"/> Photo ID	<input type="checkbox"/> Watch with a second hand (optional-Rd2 only) <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"/>  <input type="checkbox"/> Photo ID	<input type="checkbox"/> Watch with a second hand (optional-Rd2 only) <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 • Plain paper or note cards • Clipboard and spiral notebook (optional)










Event	Orientation	Competition
<i>Clinical Nursing</i>	<input type="checkbox"/>  <input type="checkbox"/> Photo ID	<input type="checkbox"/> Watch with a second hand (optional-Rd2 only) <input type="checkbox"/>  <input type="checkbox"/> Non-latex gloves, gown, goggles or safety glasses, mask, eye shield or face guard <input type="checkbox"/> Straight catheterization tray (disposable) <input type="checkbox"/> Sterile gloves <input type="checkbox"/> Photo ID
<i>Clinical Specialty</i>	<input type="checkbox"/>  <input type="checkbox"/> Skill video link and portfolio .pdf uploaded to Tallo by deadline <input type="checkbox"/> Photo ID	<input type="checkbox"/> Watch with a second hand (optional) <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"/> Photo ID <input type="checkbox"/> Portfolio .pdf uploaded, by each team member, to Tallo 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 (optional) <input type="checkbox"/> Watch with a second hand (optional) <input type="checkbox"/>  <input type="checkbox"/> Photo ID
<i>CPR/First Aid</i>	<input type="checkbox"/>  <input type="checkbox"/> Photo ID	<input type="checkbox"/> Watch with a second hand (optional-Rd2 only) <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 AND • 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












Event	Orientation	Competition
<i>Creative Problem Solving</i>	<input type="checkbox"/>  <input type="checkbox"/> Photo ID	<input type="checkbox"/>  <input type="checkbox"/> Watch with a second hand (optional-Rd2 only) <input type="checkbox"/> Photo ID
<i>Cultural Diversities & Disparities</i>	At the international level, the orientation and test will be combined. <input type="checkbox"/>  <input type="checkbox"/> Photo ID	
<i>Dental Science</i>	<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-Rd2 only) <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"/>  <input type="checkbox"/> Photo ID	
<i>Dynamic Decisions</i>	<input type="checkbox"/>  Photo ID	<input type="checkbox"/>  <input type="checkbox"/> Watch with a second hand (optional-Rd2 only) Photo ID
<i>EMT</i>	<input type="checkbox"/>  <input type="checkbox"/> Photo ID	<input type="checkbox"/> Watch with a second hand (optional-Rd2 only) <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 & Penlight • Adhesive tape • 2 occlusive dressing supplies • 4 abdominal/trauma 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








Event	Orientation	Competition
<i>Epidemiology</i>	At the international level, the orientation and test will be combined. <input type="checkbox"/>  <input type="checkbox"/> Photo ID	
<i>Exploring Medical Innovation</i>	<input type="checkbox"/>  <input type="checkbox"/> All exhibit materials, including Reference page <input type="checkbox"/> Photo ID <input type="checkbox"/> All audio visual equipment needed (optional)	<input type="checkbox"/> Photo ID <input type="checkbox"/>  <input type="checkbox"/> Index cards or electronic notecards for presentation (optional)
<i>Extemporaneous Health Poster</i>	At the international level, the orientation and poster will be combined. <input type="checkbox"/> 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)	
<i>Extemporaneous Writing</i>	At the international level, the orientation and essay will be combined. <input type="checkbox"/> Electronic device containing a USB port that operates on battery power <input type="checkbox"/> Preformatted Word document (optional) <input type="checkbox"/> Software to convert Word to .pdf (optional) <input type="checkbox"/> Watch with a second hand (optional) <input type="checkbox"/> Photo ID <input type="checkbox"/> 	
<i>Forensic Science</i>	<input type="checkbox"/>  <input type="checkbox"/> Photo ID	<input type="checkbox"/>  <input type="checkbox"/> Highlighters (optional) <input type="checkbox"/> Watch with a second hand (optional-Rd2 only) <input type="checkbox"/> Photo ID
<i>Foundations of Medical Terminology</i>	At the international level, the orientation and test will be combined. <input type="checkbox"/>  <input type="checkbox"/> Photo ID	
<i>Health Career Display</i>	<input type="checkbox"/> Uploaded .pdf of Reference Page to Tallo by published deadline, by each team member (SS & PSC divisions only) <input type="checkbox"/> Photo ID <input type="checkbox"/> Display with References & ID info	<input type="checkbox"/> Index cards or electronic notecards (optional) <input type="checkbox"/> Watch with a second hand (optional-Rd2 only) <input type="checkbox"/> Photo ID <input type="checkbox"/> 
<i>Health Career Exploration</i>	At the international level, the orientation and test will be combined. <input type="checkbox"/>  <input type="checkbox"/> Photo ID	







Event	Orientation	Competition
<i>Health Career Photography</i>	<input type="checkbox"/> Photo .jpgs, permission forms & narratives uploaded to Tallo 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 (optional-Rd2 only) <input type="checkbox"/> Photo ID <input type="checkbox"/> 
<i>Health Career Preparation</i>	<input type="checkbox"/>  <input type="checkbox"/> Photo ID	<input type="checkbox"/> Photo ID &  <input type="checkbox"/> Watch with a second hand (optional) <input type="checkbox"/> Statement of Interest (3 copies)
<i>Healthy Lifestyle</i>	<input type="checkbox"/>  <input type="checkbox"/> Photo ID <input type="checkbox"/> Uploaded .pdf of portfolio, including Reference page, to Tallo by published deadline (SS and PSC divisions only)	<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 (optional-Rd2 only) <input type="checkbox"/> Photo ID
<i>Healthcare Issues Exam</i>	At the international level, the orientation and test will be combined. <input type="checkbox"/>  <input type="checkbox"/> Photo ID	
<i>Health Education</i>	<input type="checkbox"/> A .pdf of portfolio uploaded, by each team member, to Tallo by deadline (SS & PSC divisions only) <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"/> Notes written on index cards or electronic notecards (optional) <input type="checkbox"/> Watch with a second hand (optional) <input type="checkbox"/> Photo ID <input type="checkbox"/> 
<i>Home Health Aide</i>	<input type="checkbox"/>  <input type="checkbox"/> Photo ID	<input type="checkbox"/> Watch with a second hand (optional-Rd2 only) <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>	<input type="checkbox"/>  <input type="checkbox"/> Photo ID	<input type="checkbox"/> Watch with a second hand (optional-Rd2 only) <input type="checkbox"/> Photo ID <input type="checkbox"/> 
<i>HOSA Happenings</i>	At the international level, this event participates in Project Display Time only. <input type="checkbox"/> Print or electronic newsletter HOSA Happenings	

Event	Orientation	Competition
<i>Human Growth & Development</i>	At the international level, the orientation and test will be combined. <input type="checkbox"/>  <input type="checkbox"/> Photo ID	
<i>Interviewing Skills</i>	<input type="checkbox"/> Eligibility form, resume & cover letter uploaded to Tallo by deadline <input type="checkbox"/> Pens (blue or black) <input type="checkbox"/> Cover letter and resume (3 copies) <input type="checkbox"/> Photo ID	<input type="checkbox"/> Watch with a second hand (optional) <input type="checkbox"/> Photo ID <input type="checkbox"/> 
<i>Job Seeking Skills</i>	<input type="checkbox"/> Cover letter and resume uploaded to Tallo by deadline <input type="checkbox"/> Pens (blue or black) <input type="checkbox"/> Cover letter and resume (3 copies) <input type="checkbox"/> Photo ID	<input type="checkbox"/> Watch with a second hand (optional) <input type="checkbox"/> Photo ID <input type="checkbox"/> 
<i>Life Support Skills</i>	<input type="checkbox"/> Eligibility form uploaded to Tallo by deadline <input type="checkbox"/> Photo ID	<input type="checkbox"/> Watch with a second hand (optional) <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 • Biohazard bag • Hand sanitizer • Cell phone for simulating 911 call • One pair of scissors • Adhesive tape <input type="checkbox"/> PPE: 4 pair of non-latex gloves and 1 sets of goggles or safety glasses
<i>Life Threatening Situations</i>	<input type="checkbox"/> Photo ID <input type="checkbox"/> 	<input type="checkbox"/> Photo ID <input type="checkbox"/> Sterile Gauze squares (10) <input type="checkbox"/> Disposable non-latex gloves (2 pr) <input type="checkbox"/> 
<i>Math for Health Careers</i>	At the international level, the orientation and test will be combined. <input type="checkbox"/>  <input type="checkbox"/> Photo ID	

Event	Orientation	Competition
<i>Medical Assisting</i>	<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"/> Watch with second hand (Rd2 only) <input type="checkbox"/> Photo ID
<i>Medical Innovation</i>	<input type="checkbox"/> Video demo (60 sec) link uploaded, by each team member, to Tallo 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 (optional-Rd2 only) <input type="checkbox"/> Photo ID
<i>Medical Law & Ethics</i>	At the international level, the orientation and test will be combined. <input type="checkbox"/>  <input type="checkbox"/> Photo ID	
<i>Medical Math</i>	At the international level, the orientation and test will be combined. <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"/>  <input type="checkbox"/> Photo ID	
<i>Medical Spelling</i>	<input type="checkbox"/>  <input type="checkbox"/> Photo ID	<input type="checkbox"/> Photo ID
<i>Medical Terminology</i>	At the international level, the orientation and test will be combined. <input type="checkbox"/>  <input type="checkbox"/> Photo ID	
<i>MRC Partnership</i>	<input type="checkbox"/> Portfolio .pdf and Partner Verification Form uploaded, by each team member, to Tallo by deadline <input type="checkbox"/> Photo ID	<input type="checkbox"/> Original official HOSA portfolio <input type="checkbox"/> Index cards or electronic notecards (optional) <input type="checkbox"/> (2) printed copies of portfolio <input type="checkbox"/> Watch with second hand (optional) <input type="checkbox"/> Photo ID <input type="checkbox"/> 

Event	Orientation	Competition
<i>Nursing Assisting</i>	<input type="checkbox"/>  <input type="checkbox"/> Photo ID	<input type="checkbox"/> Photo ID <input type="checkbox"/> Watch with a second hand (optional-Rd2 only) <input type="checkbox"/>  <input type="checkbox"/> Barrier devices (non-latex gloves, gown, goggles or safety glasses, mask) <input type="checkbox"/> Gait belt (optional) <input type="checkbox"/> Hand brush
<i>Nutrition</i>	At the international level, the orientation and test will be combined. <input type="checkbox"/>  <input type="checkbox"/> Photo ID	
<i>Organizational Leadership</i>	<input type="checkbox"/>  <input type="checkbox"/> Photo ID <input type="checkbox"/> Voting Delegate Verification form uploaded to Tallo by deadline <input type="checkbox"/> Voting Delegate Packet	
<i>Parliamentary Procedure</i>	<input type="checkbox"/> Photo ID <input type="checkbox"/> 	<input type="checkbox"/>  and pens <input type="checkbox"/> Copy of minutes of preceding meeting, treasurer's report and committee report(s) <input type="checkbox"/> Watch with a second hand (optional-Rd2 only) <input type="checkbox"/> Photo ID
<i>Pathophysiology</i>	At the international level, the orientation and test will be combined. <input type="checkbox"/>  <input type="checkbox"/> Photo ID	
<i>Personal Care</i>	<input type="checkbox"/> Eligibility form uploaded to Tallo by deadline <input type="checkbox"/> Photo ID	<input type="checkbox"/> Watch with a second hand (optional) <input type="checkbox"/>  <input type="checkbox"/> Barrier devices (non-latex gloves, gown, goggles or safety glasses, mask) <input type="checkbox"/> Gait belt (optional) <input type="checkbox"/> Hand brush <input type="checkbox"/> Photo ID
<i>Pharmacology</i>	At the international level, the orientation and test will be combined. <input type="checkbox"/>  <input type="checkbox"/> Photo ID	
<i>Physical Therapy</i>	<input type="checkbox"/>  <input type="checkbox"/> Photo ID	<input type="checkbox"/> Watch with a second hand (optional-Rd2 only) <input type="checkbox"/>  <input type="checkbox"/> Gown, gloves, & mask <input type="checkbox"/> Gait belt (optional) <input type="checkbox"/> Photo ID

Event	Orientation	Competition
<i>Pharmacy Science</i>	<input type="checkbox"/> <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 <input type="checkbox"/> Watch with second hand (optional-Rd2 only)
<i>Prepared Speaking</i>	<input type="checkbox"/> Photo ID	<input type="checkbox"/> Paper or electronic notecards (optional) <input type="checkbox"/> Watch with a second hand (optional-Rd2 only) <input type="checkbox"/> Photo ID <input type="checkbox"/> 
<i>Public Health</i>	<input type="checkbox"/> Verification Form and Reference Page uploaded to Tallo, by each team member, by published deadline (SS and PSC divisions only) <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 (optional) <input type="checkbox"/> Watch with a second hand (optional) <input type="checkbox"/> Photo ID <input type="checkbox"/> 
<i>Public Service Announcement</i>	<input type="checkbox"/> PSA link & .pdfs of reference page, validation, air date, & copyright forms uploaded, by each team member, to Tallo by deadline <input type="checkbox"/> Photo ID <input type="checkbox"/> 	<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 clearly printed on the front • 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"/> 30 sec PSA to show judges <input type="checkbox"/>  & Photo ID <input type="checkbox"/> Watch with a second hand (optional-Rd2 only)

Event	Orientation	Competition
<i>Researched Persuasive Writing and Speaking</i>	<input type="checkbox"/> Paper uploaded to Tallo by deadline <input type="checkbox"/> Photo ID	<input type="checkbox"/> 3 copies of research paper <input type="checkbox"/> Index cards or electronic notecards (optional) <input type="checkbox"/> Watch with a second hand (optional) <input type="checkbox"/> Photo ID <input type="checkbox"/> 
<i>Speaking Skills</i>	<input type="checkbox"/> Eligibility form uploaded to Tallo by deadline Photo ID	<input type="checkbox"/> Paper or electronic notecards (optional) <input type="checkbox"/> Watch with a second hand (optional) <input type="checkbox"/> Photo ID <input type="checkbox"/> 
<i>Sports Medicine</i>	<input type="checkbox"/>  Photo ID	<input type="checkbox"/> Watch with a second hand (optional-Rd2 only) <input type="checkbox"/>  <input type="checkbox"/> Underwrap of any size, color or type <input type="checkbox"/> Aproprate tape for skills <input type="checkbox"/> Elastic wrap <input type="checkbox"/> Tape scissors or tape cutter <input type="checkbox"/> Heel & lace pads coated with friction proofing material <input type="checkbox"/> Photo ID
<i>Veterinary Science</i>	<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 (optional-Rd2 only) <input type="checkbox"/> Photo ID