




Gotta-Have-It Chart





One area of heartbreak at state and national 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.











For some events, a watch is required, but we recommend that ALL competitors wear a watch! A watch is an important tool for event success so that you can keep track of your time. If the watch has a stopwatch function – even better. Practice your event using your watch, and use it during competition.









<i>Event</i>	Orientation	Competition
<i>Biomedical Debate</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> 	<input type="checkbox"/> Prepared topic materials <input type="checkbox"/> 8 ½ x 11” paper or index cards or electronic notecards (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 <input type="checkbox"/> Pens and pencil <input type="checkbox"/> Disposable masks with ties or loops <input type="checkbox"/> Disposable gown <input type="checkbox"/> Disposable gloves <input type="checkbox"/> Safety glasses, face shield or goggles <input type="checkbox"/> Sterile surgical gloves
<i>CERT Skills</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> 	<input type="checkbox"/> Watch with a second hand <input type="checkbox"/> Pens and pencils <input type="checkbox"/> Disaster Kit Barrier supplies <ul style="list-style-type: none"> ○ Box of exam gloves ○ Goggles or safety glasses ○ 2 dust masks ○ Helmet (may be verbalized) ○ Boots (may be verbalized) ○ 4x4 dressings (4) ○ Pressure bandages ○ Scissors ○ Flashlights <input type="checkbox"/> Blankets (2) <input type="checkbox"/> Victim tags (14) No Pre-printed <input type="checkbox"/> Plain paper or note cards <input type="checkbox"/> Masking tape <input type="checkbox"/> Clipboard and spiral notebook (op)





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"/> Pens and pencil <input type="checkbox"/> Gloves, gown, goggles or safety glasses, mask <input type="checkbox"/> Catheterization tray (disposable)
<i>Clinical Specialty</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> 	<input type="checkbox"/> Portable DVD player or laptop with skill pre-loaded that operates on battery power <input type="checkbox"/> Personal copy of the career portfolio in an 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"/> Two plain paper copies of the portfolio <input type="checkbox"/> Notes written on index cards or electronic notecards (optional) <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 <input type="checkbox"/> Pens and pencils First aid kit or bag includes: (<i>One kit per person OR per team</i>) <ul style="list-style-type: none"> <input type="checkbox"/> Cravats (5-10) <input type="checkbox"/> Sterile gauze 4x4s, 6-10 total <input type="checkbox"/> Any size roller bandages (4-6) <input type="checkbox"/> One trauma dressing (ABD) <input type="checkbox"/> Non-stick sterile dressings <input type="checkbox"/> Mouth-to-mask device <input type="checkbox"/> Bag-mask device (adult and infant) <input type="checkbox"/> Biohazard bag <input type="checkbox"/> Hand sanitizer <input type="checkbox"/> Cell phone for simulating 911 call <input type="checkbox"/> One pair of scissors <input type="checkbox"/> Adhesive tape <input type="checkbox"/> PPE: 10 pair of 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"/> Pens and pencils <input type="checkbox"/> Electronic device for taking electronic notes (optional) <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"/> Pen <input type="checkbox"/> Masks <input type="checkbox"/> Disposable gown <input type="checkbox"/> Disposable gloves, overgloves, utility gloves <input type="checkbox"/> Protective eyewear (assistant)
<i>Dental Terminology</i>	At the national 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"/> Pens and pencils <input type="checkbox"/> Cravats (6) <input type="checkbox"/> Sterile gauze 4x4s, 10 total <input type="checkbox"/> Any size roller bandages (10) <input type="checkbox"/> Penlight <input type="checkbox"/> 3 occlusive dressing supplies <input type="checkbox"/> 3 abdominal dressings <input type="checkbox"/> Stethoscope and B/P cuff <input type="checkbox"/> Trauma dressing (ABD) <input type="checkbox"/> Oral airway kit (sizes 0-6) <input type="checkbox"/> Mouth-to-mask device or face shield <input type="checkbox"/> BVM <input type="checkbox"/> Tourniquet <input type="checkbox"/> Cell phone for simulating 911 call <input type="checkbox"/> Scissors <input type="checkbox"/> Adhesive tape <input type="checkbox"/> PPE: 10 pair of gloves, 2 masks, 2 gowns and 2 sets of goggles or safety glasses
<i>Epidemiology</i>	At the national level, the orientation and test will be combined. <input type="checkbox"/> Event guidelines <input type="checkbox"/> Ink pens (blue or black ink) <input type="checkbox"/>  	
<i>Extemporaneous Health Poster</i>	<input type="checkbox"/> Event guidelines	<input type="checkbox"/> All art supplies (Pencils, crayons, ruler, instrument for drawing arcs, angles and curves, ink pens, colored markers, colored pencils, erasers, charcoal and pastels, art spray fixative or non-scented hairspray, pencil sharpener.) <input type="checkbox"/> Personal music player (optional) <input type="checkbox"/> Wet wipes, paper towels <input type="checkbox"/> White-out <input type="checkbox"/> Watch with a second hand (opt)

Event	Orientation	Competition
<i>Extemporaneous Writing</i>	At the national 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 <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"/> Pens <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 and props <input type="checkbox"/> Index cards or electronic notecards (optional) <input type="checkbox"/> White cloth table drape (optional)
<i>Healthy Lifestyle</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> 	<input type="checkbox"/> Official portfolio (competitor's copy) <input type="checkbox"/> Two plain paper copies of the notebook <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 national level, the orientation and test will be combined. <input type="checkbox"/> Ink pens (blue or black ink) <input type="checkbox"/> 	
<i>Health Education</i>	<input type="checkbox"/> Event guidelines	<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 (optional) <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"/> Pens and pencils <input type="checkbox"/> 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"/> 	

Event	Orientation	Competition
<i>HOSA Chapter Reflection</i>	<p>At the national level, the scrapbook is turned in during the orientation.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Event guidelines <input type="checkbox"/> Scrapbook 	
<i>Interviewing Skills</i>	<ul style="list-style-type: none"> <input type="checkbox"/> Event guidelines <input type="checkbox"/> Pen <input type="checkbox"/> Cover letter and resume 	<ul style="list-style-type: none"> <input type="checkbox"/> Watch with a second hand (opt) <input type="checkbox"/> Eligibility form submitted by deadline
<i>Job Seeking Skills</i>	<ul style="list-style-type: none"> <input type="checkbox"/> Event guidelines <input type="checkbox"/> Pen <input type="checkbox"/> Cover letter and resume 	<ul style="list-style-type: none"> <input type="checkbox"/> Watch with a second hand (opt)
<i>Knowledge Tests</i>	<p>At the national level, the orientation and test will be combined.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Event guidelines <input type="checkbox"/>  	
<i>Life Support Skills</i>	<ul style="list-style-type: none"> <input type="checkbox"/> Event guidelines 	<ul style="list-style-type: none"> <input type="checkbox"/> Watch with a second hand (optional) <input type="checkbox"/> Cravats (5-10) <input type="checkbox"/> Sterile gauze 4x4s, 6-10 total <input type="checkbox"/> Any size roller bandages (4-6) <input type="checkbox"/> Trauma dressing (ABD) <input type="checkbox"/> Non-stick sterile dressing(s) <input type="checkbox"/> Mouth-to-mask device <input type="checkbox"/> Biohazard bag <input type="checkbox"/> Hand sanitizer <input type="checkbox"/> Cell phone for simulating 911 call <input type="checkbox"/> Adhesive tape <input type="checkbox"/> One pair of scissors <input type="checkbox"/> PPE: 4 pair of gloves and 1 pair of goggles or safety glasses
<i>Medical Assisting</i>	<ul style="list-style-type: none"> <input type="checkbox"/> Event guidelines <input type="checkbox"/>  	<ul style="list-style-type: none"> <input type="checkbox"/> Watch with a second hand <input type="checkbox"/> Pens and pencils <input type="checkbox"/> Red pen <input type="checkbox"/> Barrier devices (gloves, gown, goggles or safety glasses, mask) <input type="checkbox"/> Sterile gloves

Event	Orientation	Competition
<i>Medical Innovation</i>	<input type="checkbox"/> Event guidelines	<input type="checkbox"/> Innovation, display and props <input type="checkbox"/> All needed audio visual equipment (battery operated) <input type="checkbox"/> Index cards or electronic notecards (optional) <input type="checkbox"/> White cloth table drape (optional)
<i>Medical Math</i>	<p>At the national level, the orientation and test will be combined.</p> <input type="checkbox"/> Event guidelines <input type="checkbox"/>  	
<i>Medical Photography</i>	<input type="checkbox"/> Event guidelines	<input type="checkbox"/> Official HOSA portfolio <input type="checkbox"/> Cover Page <input type="checkbox"/> Three prints of photos in clear sheet protectors with narrative <input type="checkbox"/> Watch with a second hand (opt)
<i>Medical Reading</i>	<p>At the national level, the orientation and test will be combined.</p> <input type="checkbox"/> Event guidelines <input type="checkbox"/>  	
<i>Medical Spelling</i>	<p>At the national level, the orientation and test will be combined.</p> <input type="checkbox"/> Event guidelines <input type="checkbox"/>  	
<i>Medical Terminology</i>	<p>At the national level, the orientation and test will be combined.</p> <input type="checkbox"/> Event guidelines <input type="checkbox"/>  	
<i>MRC Partnership</i>	<input type="checkbox"/> Event guidelines	<input type="checkbox"/> Index cards or electronic notecards (optional) <input type="checkbox"/> (2) printed copies of portfolio <input type="checkbox"/> Team's copy of the portfolio in an official HOSA notebook or portfolio <input type="checkbox"/> Electronic copy (.pdf or .doc) and of the portfolio and copies (.jpg) o of any photographs-stored on USB drive or Disc

Event	Orientation	Competition
<i>Nursing Assisting</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> 	<input type="checkbox"/> Watch with a second hand <input type="checkbox"/> Pens and pencils <input type="checkbox"/> Set of linens (two large flat sheets, one draw sheet, one pillow case) <input type="checkbox"/> Optional: blanket or spread <input type="checkbox"/> Barrier devices (gloves, gown, goggles or safety glasses, mask) <input type="checkbox"/> Gait belt (optional)
<i>Parliamentary Procedure</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> 	<input type="checkbox"/>  <input type="checkbox"/> 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 (opt)
<i>Personal Care</i>	<input type="checkbox"/> Event guidelines	<input type="checkbox"/> Watch with a second hand <input type="checkbox"/> Pens and pencils <input type="checkbox"/> Set of linens (two large flat sheets, one draw sheet, one pillow case) <input type="checkbox"/> Optional: blanket or spread <input type="checkbox"/> Barrier devices (gloves[3pr], gown, goggles or safety glasses, mask) <input type="checkbox"/> Gait belt (optional)
<i>Physical Therapy</i>	<input type="checkbox"/> Event guidelines <input type="checkbox"/> 	<input type="checkbox"/> Watch with a second hand <input type="checkbox"/> Pens and pencils <input type="checkbox"/> Gait belt (optional)
<i>Prepared Speaking</i>	<input type="checkbox"/> Event guidelines	<input type="checkbox"/> Index cards or electronic notecards (optional) <input type="checkbox"/> Watch with a second hand (opt)
<i>Public Health</i>	<input type="checkbox"/> Event guidelines	<input type="checkbox"/> Audiovisual equipment, extension cords and /or bulbs and any equipment/supplies needed for the presentation. <input type="checkbox"/> Index cards or electronic notecards (optional)

<i>Event</i>	<i>Orientation</i>	<i>Competition</i>
<i>Public Service Announcement</i>	<input type="checkbox"/> Event guidelines	<input type="checkbox"/> Laptop or portable DVD player using battery power to show the PSA <input type="checkbox"/> Large envelope <input type="checkbox"/> Two DVDs or Flash drives with 30 sec PSA <input type="checkbox"/> Signed air date form, validation form and copyright form <input type="checkbox"/> Watch with a second hand (opt)
<i>Researched Persuasive Speaking</i>	<input type="checkbox"/> Event guidelines	<input type="checkbox"/> Three plain paper copies of the research paper <input type="checkbox"/> Index cards or electronic notecards (optional) <input type="checkbox"/> Watch with a second hand (opt)
<i>Speaking Skills</i>	<input type="checkbox"/> Event guidelines	<input type="checkbox"/> Index cards or electronic notecards (optional) <input type="checkbox"/> Eligibility form submitted by deadline <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 <input type="checkbox"/> Pens and pencils <input type="checkbox"/> Underwrap of any size, color or type <input type="checkbox"/> Athletic tape of any size, color or type <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"/> Pens and pencils <input type="checkbox"/> Sterile surgical gloves <input type="checkbox"/> Sterile 4x4's (6) <input type="checkbox"/> Exam gloves (non-sterile) <input type="checkbox"/> 2-4 foot long of gauze (18 inches or longer)