

APPROVED SHOE AND WATCH LIST FOR CLINICALS

Watch Requirements:

- Must be an analog (old school, not digital) watch with a second hand for vital signs.
- Expect it to get somewhat wet from handwashing, doesn't have to be fancy.
- This is required per the board of nursing.

Shoe Requirements:

- Shoes must be white
 - Also a requirement for board of nursing. White allows them to see if they have been contaminated with liquids you do not want them contaminated with... if you catch my drift
- For safety purposes the shoes cannot have holes in them
 - (no crocs, mesh upper etc)
 - They can have very small ventilation holes.
 - When shopping, think about the possibility of the shoes getting contaminated liquids on them.
- Shoes must have a full backing on the heel
 - (no crocs even in "sport mode", no backless clogs etc)

Watch Recommendations:

- Amazon or Walmart: Casio brand water resistant watches \$13-\$25
- Amazon or Walmart: Golden Hour brand waterproof sports unisex analog watch \$16
- Searching "nurse analog watch" or "medical student analog watch" will usually do the trick.

Shoe Recommendations:

- Hawkwell Women's lightweight comfort slip resistant shoes (Amazon \$31-\$42)
- Hawkwell Men's fashion sneakers (Amazon \$35-\$45)
- Larn Safety Men Work Shoes Non Slip waterproof (Amazon \$42)
- Anywear Streak Step-in Shoes (Amazon \$39-\$45)
- Multiple brands had options online between \$30-\$65. Sketchers, Saucony, New Balance, Reebok, searching for "chef/kitchen shoes" also yielded good options

YOU CAN GET SHOES AND WATCHES NOT ON THIS LIST AS LONG AS IT MEETS requirements

WHEN IN DOUBT, SEND ME A LINK/PICTURE AND I CAN TRY AND APPROVE IT WITHIN ABOUT 24-48 HOURS