



Height and Weight Requirements

For student donors who are 18 years old and younger (whole blood donation)

Female donors who are 18 years old and younger must weigh 110 lbs. or more, depending on their height. See chart below:

|  | If You Are | 4'10" | 4'11" | 5' | 5'1" | 5'2" | 5'3" | 5'4" | 5'5" | 5'6" or taller |
|---|-------------------------|-------|-------|-----|------|------|------|------|------|----------------|
| | You must weigh at least | 146 | 142 | 138 | 133 | 129 | 124 | 120 | 115 | 110 |

Male donors who are 18 years old and younger must weigh 110 lbs. or more, depending on their height. See chart below:

|  | If You Are | 4'10" | 4'11" | 5' or taller |
|--|-------------------------|-------|-------|--------------|
| | You must weigh at least | 118 | 114 | 110 |

For students interested in Power Red Cell donation (appointments at the top of each hour) there are additional requirements:

- Donor must know their blood type to be O-, O+, A- or B-
- **Male donors**⁺ must be at least 17 years old in most states, at least 5'1" tall and weigh at least 130 lbs
- **Female donors**⁺ must be at least 19 years old, at least 5'5" tall and weigh at least 150 lbs