HOPE begins with you.

Blood Donation Requirements for High School Students

Thank you for your interest in donating blood. By donating blood, you are giving life to someone in need.

So that we can provide the safest possible donation experience, selection criteria include a table based on height and weight to determine if students are eligible.

MALE donors must weigh 110 pounds or more, depending on their height in the following chart:

If you are	4'10"	4'11"	5' or taller
You must weigh at least	118	114	110

FEMALE donors must weigh 110 pounds or more, depending on their height in the following chart:

If you are	5'1"	5'2"	5'3"	5'4"	5'5"	5'6" or taller
You must weigh at least	133	129	124	120	115	110

Females who are shorter than 5'1" may still be eligible to donate blood.
They may call 866-236-3276 to ask about their eligibility.

American Red Cross

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