



**American
Red Cross**

Female Donors

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

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