

YOUNG BLOOD DONOR HEIGHT-WEIGHT REQUIREMENTS

Donor well-being is LifeStream's #1 priority. In this pursuit, minimum height and weight requirements for blood donors 15 through 18 years of age have been adjusted.

For more information about donor eligibility, call 800.879.4484
or visit LStream.org



MALE DONORS

Height (ft., in.)	4'10"	4'11"	≥ 5'0"
Minimum Weight (lb.)	118	114	≥ 110

FEMALE DONORS

Height (ft., in.)	4'10"	4'11"	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	≥ 5'6"
Minimum Weight (lb.)	146	142	138	133	129	124	120	115	≥ 110