



**Canadian  
Blood  
Services**

BLOOD  
PLASMA  
STEM CELLS  
ORGANS  
& TISSUES

# Are you 17–23 years old?

If you are between the ages of 17 and 23, you must meet our weight and height criteria. Review the table below to determine your eligibility.

Height	Weight requirements for males	Weight requirements for females
169 cm (5' 6")	Eligible to donate	50 kg (110 lb.)
165 cm (5' 5")	Eligible to donate	52 kg (115 lb.)
163 cm (5' 4")	Eligible to donate	54 kg (120 lb.)
160 cm (5' 3")	Eligible to donate	56 kg (124 lb.)
158 cm (5' 2")	Eligible to donate	58.5 kg (129 lb.)
155 cm (5' 1")	Eligible to donate	60 kg (133 lb.)
152 cm (5')	50 kg (110 lb.)	62.5 kg (138 lb.)
150 cm (4' 11")	52 kg (115 lb.)	64 kg (142 lb.)
147 cm (4' 10")	54 kg (120 lb.)	66 kg (146 lb.)
Less than 147 cm (4' 10")	Sorry, you are not eligible	Sorry, you are not eligible

If your height is below 147 cm (4' 10"), you may become eligible when you turn 23 or move up the chart. Keep in mind that **all donors, regardless of age, must weigh at least 50 kg (110 lb.)** to be considered eligible to donate blood.



## More ways to donate

There are many ways for you to be part of Canada's lifeline, visit [blood.ca/ways-donate](https://blood.ca/ways-donate) to learn more.



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