

FACT SHEET

Bleeding Behind Bars: It Costs to Menstruate

BACKGROUND

Menstruation is a basic fact of human existence. However, people in prisons, jails, and other carceral facilities are frequently denied access to menstrual products. The term [period poverty](#) has been used to describe “the inadequate access to menstrual hygiene tools and educations, including but not limited to sanitary products, washing facilities, and waste management.”¹ This term is helpful to better understand those who live behind bars and have lost the autonomy to simply go to a store and purchase essential hygiene items, even if they have available funds to pay for them.

Federal law has made some progress in addressing these concerns. Enacted by Congress in 2018, the [First Step Act](#) passed as a result of bipartisan efforts to make important changes to federal sentencing rules and other overdue prison reforms.² The law includes crucial reform provisions relating to menstrual products in federal carceral facilities. It mandates that the Federal Bureau of Prisons provide hygiene products, such as tampons and sanitary napkins, free of charge. These enhanced protections are, however, limited to federal facilities. Meanwhile state, local, and privately-operated facilities retain broad discretion over this issue, resulting in inconsistent access and protections across jurisdictions. Currently, 29 jurisdictions have laws explicitly requiring correctional facilities to provide menstrual products.

From 1980 to 2023, the female prison population surged by more than [600%](#).³ In 2024, there were over 190,000 incarcerated women and girls in the U.S., with [77,000](#) housed in state prisons, 84,000 held in local jails, and 16,000 in federal jails and prisons.⁴ Women and girls are not the only individuals who require access to menstrual products. Transgender men, who may still menstruate while being housed in male correctional institutions, grapple with having access to menstrual products.⁵ As the carceral population continues to grow, so does the urgency to examine how they are expected to obtain basic menstrual necessities that are not provided for free.

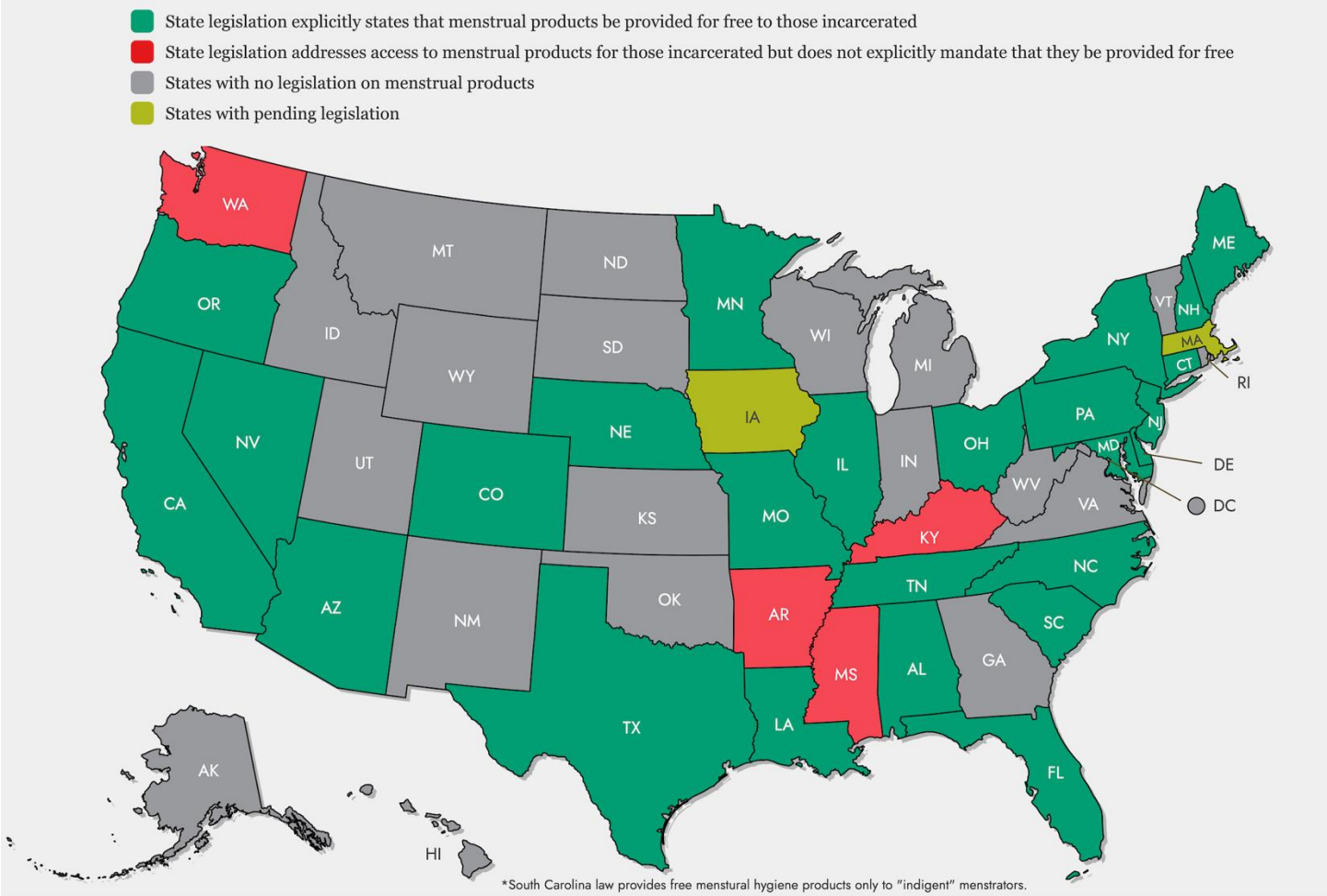
“There is no dignity, no humanity, no compassion in a system that makes a person have to beg, borrow, or even make her own basic hygiene items.”

[Kimberly Haven, Activist, Advocate, and Coalition Coordinator, Reproductive Justice Inside, Pro-Choice Maryland](#), and a formerly incarcerated individual.

Findings and Legal Map

To better capture the menstrual product accessibility barriers for those in carceral settings, a 50-state survey was conducted to examine the relevant legislative landscape. The *Menstrual Hygiene Product Accessibility in State-Level Carceral Facilities Map* below illustrates the current legislation regarding access to menstrual health products in state-level jails and prisons. As of March 2026, 25 states have enacted laws that explicitly mandate that menstrual products be provided free of charge to incarcerated individuals. Conversely, four states have laws stating that menstrual products must be provided, but do not expressly state that they are to be provided for free, 20 states appear to lack legislation on the subject entirely, and 2 states have pending legislation.

The map below does not reflect state administrative rules, carceral facility policies, or handbooks that may, for example, provide for menstrual product access for incarcerated individuals. Additionally, this map solely reflects state laws for state-level facilities, not federal or private facilities located within these states. A list with the referenced state laws is provided at the end of this fact sheet.



CONCERNS REMAIN EVEN WHEN MENSTRUAL PRODUCTS ARE PROVIDED FOR FREE

Although, as noted above, half the states currently mandate menstrual products be provided for free to incarcerated individuals, many of these laws not only fail to specify the type, quality, or quantity of such products, they also fail to address the circumstances under which they must be distributed. As a result, access to adequate menstrual supplies can vary widely from one facility to another within the same jurisdiction. For example, in some jurisdictions, broad language grants individual correctional facilities discretion to determine how to implement those laws. What's more, some state laws that explicitly state that menstrual products must be provided free of charge (like those in [Colorado](#),⁶ [Connecticut](#),⁷ [Maryland](#),⁸ [Nevada](#),⁹ [New Jersey](#),¹⁰ [Alabama](#),¹¹ and [Arizona](#)¹²) include "upon request" or similar language in their laws. Conditioning access to menstrual products with this type of language can still result in inadequate support as many will hesitate to request products for fear of rejection or embarrassment and there may also be delays in receiving those resources.

Speaking to the quality of products that may be provided or are available to incarcerated individuals, a 2018 study of access to feminine hygiene products in Missouri prisons found 50 percent of the 90 incarcerated women interviewed reported having to change the free pads that they were given more frequently than every thirty minutes during heavy flow days.¹³ According to the Missouri Times, at the time of the study, a box of tampons and pads from the canteen cost \$5.63 and \$5.38 respectively, while women in Missouri prisons earned between [\\$7.50 or \\$8.50](#) per month.¹⁴ For those forced to purchase these hygiene necessities, the price would likely consume over half of their monthly income. The findings of this survey prompted the Missouri Department of Corrections and Missouri Appleseed to work with their state legislators to appropriate funds to improve feminine hygiene in women's prisons through new [legislation](#).¹⁵

HOW INCARCERATED INDIVIDUALS PAY WHEN PRODUCTS ARE NOT FREE

When menstrual products are not provided free of charge, incarcerated individuals have the option to purchase through commissaries. But those without financial support often struggle to obtain adequate menstrual supplies. Generally, incarcerated individuals have limited resources and little to no income.¹⁶ Prison commissaries around the U.S. are inconsistent when it comes to pricing. The list below reflects price fluctuations in facilities for menstrual/hygiene products.

Hygiene Product Commissary Prices in Carceral Settings

FACILITY	CATEGORY	DESCRIPTION	PRICE
CONNECTICUT (2026) ¹⁷	Female Only	Tampons, 40 Count	\$16.90
		Tampons Regular/Tampons Super, 10 Count	\$5.20
		Panty Liner, 22 Count	\$2.47
		Maxi Pads, 24 Count	\$2.66
FCI ALICEVILLE, ALABAMA (2020) ¹⁸	Feminine Hygiene	CareFree Panty Liners	\$2.40
		Always Regular Maxi w/Wings	\$3.25
		Always Maxi Overnight w/Wings	\$4.75
		AM Overnight Extra Heavy	\$9.45
		Playtex Tampons	\$6.65
		Tampax Super Tampons	\$2.85
		Disposable Wipes	\$3.10
FCI WASECA, MINNESOTA (2025) ¹⁹	Feminine Products	Tampax Super	\$5.40
		Tampax Original	\$5.40
		Panty Liner	\$2.00
		Ultra Thin Pads	\$5.00
WASHINGTON CORRECTIONS CENTER FOR WOMEN (WCCW) (2026) ²⁰	Personal Care	Tampax Regular, 20 ct	\$4.48
		Tampax Super Plus, 40 ct	\$7.45
		Maxi Pads, 18 ct	\$2.70
		Panty Liners, 20 ct	\$1.68

Some states are taking actions to address the high commissary prices within carceral facilities. For instance, in 2022, the Michigan Department of Corrections issued an [elimination of markups on hygiene products](#).²¹ More recently, California Governor, Gavin Newsom, signed the [BASIC Act](#), capping commissary markups at 35 percent above the amount paid to vendors through January 1, 2028.²² And in 2024, advocates in Nevada celebrated when [legislation](#) ²³ passed reducing commissary markups from [66 to 35 percent](#) and eliminated markups on hygiene items.²⁴ [Nevada](#) had some of the highest commissary markups in the U.S. prison system.²⁵ A 9-month investigation that revealed heightened markups in prison commissary prices. The findings showed that incarcerated individuals in several states are [charged much higher \(up to five times higher\) for basic necessities than the outside population](#), even though they earn little to nothing.²⁶

Working wages and other support

Of the [190,600](#) women and girls locked up, many were living on annual incomes below \$22,500 prior to their incarceration, a financial reality that plays a role in the ongoing cycles of "period poverty".²⁷ In addition, carceral jobs often pay [less than a dollar](#) ²⁸ per day, yet [65 percent](#) of men and women work while incarcerated.²⁹ In Missouri, the rate of what someone is paid behind bars is tied to their level of education. For example, individuals [without a high school diploma](#) can earn as little as \$7.50 per month, while those with a diploma earn a dollar more.³⁰ As a result, even those who are able to obtain a job must dedicate [a substantial part of their income](#) to purchasing menstrual products from the commissary.³¹ While some rely on prison wages, others, if given the opportunity, rely on outside support.

If an individual is not working to earn wages while incarcerated, family and friends can support them financially by adding money to their books to afford needed resources. [California](#) allows in-person (approved) visitors to bring menstrual hygiene products for incarcerated individuals.³² Those who are incarcerated may also be able to receive care packages from loved ones through third-party vendors, subject to facility regulations, although it is not clear whether menstrual hygiene products are permitted in those packages. However, individuals behind bars are often indigent and lack outside financial support. It is estimated that [65%](#) of incarcerated family members in the United States are already struggling to provide basic necessities within their household, so

putting funds in their relatives' or friends' commissary accounts is likely difficult.³³ South Carolina [law](#) in particular provides free menstrual hygiene products for inmates who are indigent.³⁴ The [South Carolina Department of Corrections](#) (SCDC) defines an indigent inmate as “an inmate whose beginning trust fund balance plus any deposits received in the previous 30 day period is less than the amount needed to purchase the supplies contained in the hygiene pack.”³⁵

LIVED EXPERIENCE

Dianira Garcia, a graduate from Wright State University with a degree in Journalism, was incarcerated for five years; two years at the Ohio Reformatory for Women and three years at Dayton Correctional Institution. In a [congressional hearing](#), Garcia testified to her traumatic experience dealing with her menstrual cycle behind bars, an experience that consumed 2,190 days of her life.³⁶ She testified that time and time again, anything relating to feminine hygiene was a “NO”. She said she was denied pads and was either told to “figure it out” or “go buy some at the commissary.” She testified that during her incarceration, the commissary only had one choice of tampons (and one size), and pads were not an option. She said the products provided were not sufficient for her personal needs. She also testified that, as a heavy bleeder, she needed a variety of menstrual hygiene products, and the 18 pads per month policy was not adequate to meet her needs. However, she stated that when she attempted to advocate for additional supplies, officers and male guards dehumanized her, and told her to provide “favors.” when she emphasized her need for extra pads. She further testified she would sit in her cell most days and bleed through her clothing. She stated that these embarrassing experiences caused her to have severe anxiety and depression during her cycle. Her testimony highlights the systemic neglect and indignity many incarcerated women face when trying to access basic hygiene products.

LAW AND POLICY RECOMMENDATIONS

Enacting state laws and policies is a crucial first step; however, the different interpretations due to vague or broadly worded language in the laws often lead to inconsistent implementation across correctional facilities. As a result, significant gaps are created between the protections outlined in law and what is actually experienced, often compounding existing harm. In a [state policy brief](#), the [National Cross-Center Justice-Involved Women and Children Collaborative](#) (JLWCC) outlined different recommendations for legislators and correctional facility leaders to consider when drafting laws, regulations, and policies addressing menstrual product accessibility in carceral settings.³⁷ The brief emphasizes the need for clear and enforceable standards and use of descriptions such as “freely available” instead of “upon request” to help reduce unwarranted barriers. Addressing these changes not only requires availability but also thoughtful implementation and oversight to ensure consistency. Kentucky’s [enacted legislation](#) is an example of a law that provides ambiguity.³⁸ The language only requires that jails provide an “[adequate number of hygiene products for female prisoners](#)” and does not clarify whether menstrual or feminine hygiene products are included within that requirement.³⁹

Recent legislative efforts reflect a growing recognition of these concerns and recommendations to strengthen menstrual equity policies are mounting. For example, effective March 20, 2026, [House Bill 29](#) will require Ohio correctional facilities to provide free and adequate access to menstrual products based on one’s needs.⁴⁰ The mandate goes further to include explicit anti-discriminatory language that “protects inmates from the denial of feminine hygiene products based on race, sex, [and] income status” and prohibits the withholding of menstrual products as a form of punishment.⁴¹ In addition, the law requires access to at least one shower per day, separate disposal containers for used feminine hygiene products, and the creation of procedures for storing and distributing such products. This Ohio law is the first of its kind to include the specific language cited above, and advocates hope it will serve as a good example for other states. The states discussed below illustrate the varying approaches legislators have taken to address access to menstrual products within correctional facilities.

Rather than explicitly outlining detailed requirements regarding menstrual products within the statute itself, a Washington [law](#) directs the Secretary of the Department of Corrections (DOC) to develop and implement a policy regarding the replenishment of hygiene products for individuals.⁴² As a result, the DOC retains significant discretion in how the law is implemented in practice. However, a 2024 DOC [policy](#) made clear that sanitary napkins and tampons must be provided at any time to individuals at no cost within their living pods.⁴³

Maryland’s [law](#), by comparison, sets requirements for the written policies of correctional institutions.⁴⁴ The law instructs such facilities to have a policy “requiring menstrual hygiene products to be provided at no cost to a female incarcerated individual on: (i) admission to the facility; (ii) a routine basis; and (iii) request.”⁴⁵ Unlike Washington, Maryland’s and Ohio’s legislation provides clearer statutory guidance on what institutional policies

must contain. But, unlike Ohio’s statute, Maryland’s law does not directly codify protections and access requirements directly into law, leaving more room for inconsistent implementation.

New Hampshire’s relevant legislation is unique as it provides “at minimum, [20 standard issue menstrual hygiene products per individual’s menstrual cycle](#).”⁴⁶ Establishing minimum quantity requirements can help ensure that incarcerated individuals receive a baseline level of access to necessary products, because some have heavier cycle flows than others and need sufficient amount. However, policies that allow unrestricted access are more responsive to the reality that menstrual cycles, flow intensity, and health needs vary from person to person, making fixed quantities insufficient.

Lastly, Arkansas is among the four states whose [enacted legislation](#) does not explicitly state whether menstrual products must be provided free of charge to incarcerated people.⁴⁷ However, according to statements from the Arkansas Department of Corrections [reported by a news outlet](#), incarcerated individuals are provided 30 pads, 30 tampons, or a mixture of both on a monthly basis free of charge.⁴⁸ The 2022 Arkansas DOC [Inmate Handbook](#) does not include language on the required quantity of menstrual products distributed.⁴⁹ This discrepancy highlights the broader issue of inconsistency between written law, institutional policy, and the actual practices reported within correctional facilities.

Listed below are some additional policy recommendations to help ensure that correctional facilities and policymakers provide safe and sufficient menstrual products.

- **Provide convenient locations** where menstrual products can be freely accessed to lessen the chance of embarrassment and denial from prison guards.
- **Make sure a variety of menstrual products are available**, including both pads and tampons in a range of sizes and types to accommodate different needs.
- **Guarantee products are meeting menstrual needs sufficiently**, are of good quality, and are regularly stocked, so individuals are not forced to ration, reuse, or rely on commissary purchases.
- **Promote policy transparency** by providing detailed language that decreases ambiguity and the risk of inconsistent interpretation.
- **Include explicit language** in state laws to indicate that menstrual/ feminine products are free. Refrain from leaving it to the discretion of correctional facilities.

Making Progress

While some states, like Ohio, are moving forward with expanded menstrual product accessibility in carceral settings, other states have halted progress. For example, in 2024, Wisconsin legislators introduced [Assembly Bill 770](#), which would have required state prisons to provide free menstrual products to individuals.⁵⁰ The bill ultimately failed, due to [increased costs](#) and an inability to absorb those costs within the agency budget along with other stated concerns regarding resource allocation and implementation logistics.⁵¹ This outcome underscores a persistent barrier to menstrual equity; when access to basic hygiene products is framed as an expendable cost or administrative burden rather than a fundamental necessity, reform efforts are more likely to stall. However, this issue persists.

By late 2025, Wisconsin lawmakers reengaged with the issue, signaling a growing recognition of menstrual equity as a policy priority rather than a discretionary expense. [AB736](#), which would have required the Wisconsin Department of Corrections to provide, free of charge, a range of menstrual products (at least three brands of tampons, three brands of menstrual pads and one brand of reusable menstrual cup) to any menstruator in custody, also failed to pass.⁵² Nevertheless, it reflects an evolving policy landscape with an emphasis on dignity, health, and equity considerations.

Research and advocacy efforts, such as Missouri Appleseed’s [2018 survey](#), led to tremendous support for menstrual equity.⁵³ In 2019, the Missouri legislature passed an appropriations bill to purchase tampons and pads for incarcerated individuals. By 2021, legislation was [passed](#) requiring that free feminine hygiene products be provided for women in Missouri state jails and prisons.⁵⁴ Fast forward to 2023, after the distribution of free tampons and pads, a [new survey](#) indicated significant progress in menstrual health for incarcerated individuals.⁵⁵ For example, only 10.3% of respondents reported suffering a vaginal infection over the last 6 months while incarcerated versus the 22.5% who reported the same in 2018. Missouri Appleseed’s continued collaboration with the Missouri Department of Corrections dramatically reduced the use of self-made tampons and related health concerns in Missouri prisons. Advocacy comes in various forms, and, for this nonprofit, surveying was their way of making a measurable difference. Ultimately, local, state, and federal research

efforts have the power to build bipartisan support, translating evidence into policies that protect dignity, health, and human rights.

State Legislation

STATE	LEGISLATION/PENDING LEGISLATION	STATE	LEGISLATION/PENDING LEGISLATION
Alabama	Ala. Code § 14-3-44(b)	Missouri	Mo. Rev. Stat. § 221.065 (2021)
Alaska	NO RELEVANT LEGISLATION	Montana	NO RELEVANT LEGISLATION
Arizona	Ariz. Rev. Stat. § 31-201.01(N) (2021)	Nebraska	Neb. Rev. Stat. § 47-1008 (2022)
Arkansas	AR. Code § 12-32-103 (A)(2)(2024)	Nevada	Nev. Rev. Stat. § 209.3817 (3) (2025)
California	CA. Penal Code § 3409 (2025)	New Hampshire	N.H. Rev. Stat. § 30-B:27 (h) (2025)
Colorado	C.R.S.A. § 17-26-104.3 (2025)	New Jersey	N.J. Rev. Stat. § 30:1B-6.8 (2025)
Connecticut	CT. Gen. Stat. § 18-69e (2024)	New Mexico	NO RELEVANT LEGISLATION
Delaware	Del. Code tit. 29, § 8903 (14) (2018)	New York	NY Cor. § 625 (2024)
District Of Columbia	NO RELEVANT LEGISLATION	North Carolina	N.C. Gen. Stat. § 148-25.4 (2021)
Florida	Fla. Stat. § 944.242 (2025)	North Dakota	NO RELEVANT LEGISLATION
Georgia	NO RELEVANT LEGISLATION	Ohio	Oh. Rev. Code. § 753.321 (2026).
Hawaii	NO RELEVANT LEGISLATION	Oklahoma	NO RELEVANT LEGISLATION
Idaho	NO RELEVANT LEGISLATION	Oregon	Or. Rev. Stat. § 169.635 (2025)
Illinois	730 ILCS 5/3-7-2(J)(2025)	Pennsylvania	61. Pa. Cons. Stat. § 5910. (2023)
Indiana	NO RELEVANT LEGISLATION	Rhode Island	NO RELEVANT LEGISLATION
Iowa	S.F. 133, 91th Gen. Assemb. (IA. 2025). (Pending legislation)	South Carolina	S.C. Code Ann. § 24-13-35 (L) (2020)
Kansas	NO RELEVANT LEGISLATION	South Dakota	NO RELEVANT LEGISLATION
Kentucky	Ky. Rev. Stat. Ann. § 441.055	Tennessee	Tenn. Code Ann. § 41-21-245 (b) (2024)
Louisiana	La. Rev. Stat. § 15:892.1 (2018)	Texas	Tex. Govt. Code § 501.0675 (2019)
Maine	Me. Rev. Stat. Ann. 34-A § 3031-9: LD 628 (2019)	Utah	NO RELEVANT LEGISLATION
Maryland	Md. Code Ann., Corr. Serv. § 9-616 (2023)	Vermont	NO RELEVANT LEGISLATION
Massachusetts	S.2640, 194th Gen. Ct. (Mass. 2025) (Pending Legislation)	Virginia	NO RELEVANT LEGISLATION
Michigan	NO RELEVANT LEGISLATION	Washington	Wash. Rev. Code. § 2. 10.020 (1995)
Minnesota	Minn. Stat. § 241.021 Sub 4d (2025)	West Virginia	NO RELEVANT LEGISLATION
Mississippi	Miss. Code Ann. § 47-5-1515 (2021)	Wisconsin	NO RELEVANT LEGISLATION
		Wyoming	NO RELEVANT LEGISLATION

CONCLUSION

As the population of women and girls behind bars continues to rise, so does the urgency to address menstrual equity. Achieving true menstrual equity demands consistent and dignified access for all regardless of carceral status. Providing menstrual products for free is an important step forward, but it is far from a complete solution. Vague policy language, inconsistent implementation, and lack of quality and quantity in menstrual products leave many without adequate care. The reality is that even when menstrual products are free, they are often insufficient or low quality, and, if better options are available, they are typically only available through commissaries at prices many cannot afford. This forces many to ration supplies or resort to unsafe measures, stripping individuals of their dignity. Although significant barriers persist, emerging policy efforts signify an evolving shift toward recognizing and addressing menstrual inequities in carceral settings.

This document was developed by Naisha Mercury, J.D., Equal Justice Works Fellow, Network for Public Health Law - Mid- States Region. The Network promotes public health and health equity through non-partisan educational resources and technical assistance. These materials provided are provided solely for educational purposes and do not constitute legal advice. The Network’s provision of these materials does not create an attorney-client relationship with you or any other person and is subject to the [Network’s Disclaimer](#).

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¹ Period Poverty, AMERICAN MEDICAL WOMEN’S ASSOCIATION (Oct. 23, 2019), <https://amwa-doc.org/period-poverty/>

² 18 U.S.C.A § 4042.

³ James Causey, *The Health Divide: For many women in prison, period products are out of reach*, USC ANNENBERG CENTER FOR HEALTH JOURNALISM, (Jan 26, 2026) <https://centerforhealthjournalism.org/our-work/insights/health-divide-many-women-prison-period-products-are-out-reach>

⁴ Aleks Kajstura & Wendy Sawyer, *Women’s Mass Incarceration: The Whole Pie 2024*, PRISON POLICY INITIATIVE (Mar. 5, 2024), <https://www.prisonpolicy.org/reports/pie2024women.html>

⁵ Antoinette Gingerelli, *Menstrual Equity in US Prisons and Jails: A Gender-Based Analysis and Policy Responses*, HARVARD KENNEDY SCHOOL (July 18, 2022), https://studentreview.hks.harvard.edu/menstrual-equity-in-us-prisons-and-jails-a-gender-based-analysis-and-policy-responses/#_ednref25

⁶ C.R.S.A. § 17-26-104.3.

⁷ CT. Gen. Stat. § 18-69(e).

⁸ CT. Gen. Stat. § 18-69(e).

⁹ Nev. Rev. Stat. § 209.3817(3).

¹⁰ N.J. Rev. Stat. § 30:1B-6.8

¹¹ AL. Code § 14-3-44(b).

¹² Ariz. Rev. Stat. § 31-201.01(N).

¹³ *An Exploration of the Menstrual Needs and Health of Women Incarcerated in Missouri State Prisons*, MISSOURI APPLESEED, (2018), <https://missouriappleseed.org/wp-content/uploads/2022/07/research-summary-access-to-feminine-hygiene-products-in-missouri-prisons.pdf>

¹⁴ Liza Weiss, *Opinion: New Missouri Department of Correction Policy and 2021 Legislation Leads to Improved Health for Incarcerated Women*, THE MISSOURI TIMES (May 2023), <https://themissouritimes.com/opinion-new-missouri-department-of-correction-policy-and-2021-legislation-leads-to-improved-health-for-incarcerated-women/>

¹⁵ Mo. Rev. Stat. § 217.199.

¹⁶ Morgan Zimmermen, *Menstruation and access to period products in prison*, JUSTICE EDUCATION PROJECT, <https://www.justiceeducationproject.org/post/menstruation-and-access-to-period-products-in-prison> (last visited May 5, 2026).

¹⁷ All Commissary Items Sold (Effective Jan. 2026), <https://portal.ct.gov/-/media/doc/pdf/commissaryitemspdf.pdf?rev=87e6ac1a9ef74fcd93f906e9e91c63aa&hash=A427F0F7FD2FD9F0BA32F248F7C8CAE2>

¹⁸ Aliceville_ Commissary_ 2020, https://thepersonflowproject.com/wp-content/uploads/2022/01/aliceville_commissary_2020.pdf

¹⁹ FCI Waseca, Minnesota Commissary List (June 2026), https://www.bop.gov/locations/institutions/was/was_commlist.pdf?v=1.0.3

²⁰ WCCW Receiving Unit Commissary List (Apr. 1, 2026), <https://doc.wa.gov/sites/default/files/2026-03/wccw-receiving-commissary-list.pdf>

²¹ *Contract Change Notice*, STATE OF MICHIGAN PROCUREMENT, <https://www.michigan.gov/dtmb/-/media/Project/Websites/dtmb/Procurement/Contracts/013/200000001938.pdf> (last visited Apr. 22, 2026).

²² Cal. S.B. 474, Reg. Sess., ch. 609 (2023).

²³ Nev. Rev. Stat. § 209.3817(3).

²⁴ Ayden Runnels, *Advocates celebrate as Nevada cuts prison commissary markups*, LAS VEGAS SUN (Sept. 17, 2024), <https://lasvegassun.com/news/2024/sep/17/advocates-celebrate-as-nevada-cuts-prison-commissa/>

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²⁶ Elizabeth Weill-Greenberg & Ethan Corey, *Locked in, Priced Out: How Prison Commissary Price-Gouging Preys on the Incarcerated*, THE APPEAL (Apr 17, 2024), <https://theappeal.org/locked-in-priced-out-how-much-prison-commissary-prices/>

²⁷ Khala James, *Upholding the Dignity of Incarcerated Women*, AMERICAN PROGRESS, (Dec 22, 2017), <https://www.americanprogress.org/article/upholding-dignity-incarcerated-women/#:~:text=Poverty%20impedes%20incarcerated%20women's%20access,at%20higher%20rates%20in%20prison.>

²⁸ *Id.*

²⁹ Lauren-Brooke Eisen, *America’s Dystopian Incarceration System of Pay to Stay Behind Bars*, BRENNAN CENTER (Apr 19, 2023), <https://www.brennancenter.org/our-work/analysis-opinion/americas-dystopian-incarceration-system-pay-stay-behind-bars>

³⁰ *Unlivable Wages*, MISSOURI PRISON REFORM, (July 3, 2023), <https://moprisonreform.org/unlivable-wages/>

³¹ James, *supra* note 28.

³² CA Pen. Code. § 6405.

³³ Avery Broome, *Menstrual Product Deprivation in Prison: A Sex-Neutral Litigation Strategy*, THE UNIVERSITY OF CHICAGO LEGAL FORUM, <https://legal-forum.uchicago.edu/print-archive/menstrual-product-deprivation-prison-sex-neutral-litigation-strategy> (Last visited Apr. 22, 2026).

³⁴ S.C. Code Ann. § 24-13-35 (L) (2020)

³⁵ *Inmate Access to the Courts*, SOUTH CAROLINA DEPARTMENT OF CORRECTIONS POLICY (Mar. 5, 2026), <https://doc.sc.gov/sites/doc/files/Documents/policy/GA-01-03.pdf>

³⁶ *Regards inmates’ access to feminine hygiene products and showers*: Hearing on H.B. 29 Before the H. Comm. Government Oversight, 2026 Leg., 136th Assem. (Testimony of Dianira Garcia), https://search-prod.lis.state.oh.us/api/v2/general_assembly_135/committees/cmte_h_state_local_govt_1/meetings/cmte_h_state_local_govt_1_2023-11-14-0330_913/testimony/8257/uploaded-doc/

³⁷ *State Laws on Access to Menstrual Products for Incarcerated People*, UNIVERSITY OF MINNESOTA CENTER FOR LEADERSHIP EDUCATION IN MATERNAL & CHILD PUBLIC HEALTH (Nov. 2025) <https://mch.umn.edu/jiwcnews/jiwc-menstrual-products/>

³⁸ Ky. Rev. Stat. Ann. § 441.055.

³⁹ *Id.* Note that Kentucky’s Administrative Code [501 KAR 16:290](#) and [KY DOC Policy 14.2](#) talk about issuing personal property and personal hygiene items to women that includes sanitary napkins and tampons.

⁴⁰ Oh. Rev. Code. § 753.321.

⁴¹ *Id.*

⁴² Wash. Rev. Code. § 2. 10.020.

⁴³ *Hygiene and Grooming For Individuals in Women’s Prisons*, STATE OF WASHINGTON DEPARTMENT OF CORRECTIONS (Effective Nov. 6, 2024), <https://doc.wa.gov/sites/default/files/data/files/940080.pdf>

⁴⁴ Md. Code Ann., Corr. Serv. § 9-616.

⁴⁵ *Id.*

⁴⁶ N.H. Rev. Stat. § 30-B:27(h).

⁴⁷ AR. Code § 12-32-103(A)(2).

⁴⁸ Amanda Watford, *Incarcerated women often don’t have enough period products*, Stateline (Dec. 17, 2025), <https://stateline.org/2025/12/17/incarcerated-women-often-dont-have-enough-period-products/>

⁴⁹ Tiffanye Compton & Darrell McHenry, *Inmate Handbook*, ARKANSAS DIVISION OF CORRECTIONS (Nov 2022), <https://media.ark.org/doc/Arkansas-Division-of-Correction-Inmate-Handbook-Revised-November-1-2022-Director-approved.pdf>

⁵⁰ S.J. Res., 770 (WI. 2024).

⁵¹ Wisconsin Department of Administration Division of Executive Budget and Finance, https://docs.legis.wisconsin.gov/2023/related/fe/ab770/ab770_doc.pdf (last visited Apr. 22, 2026).

⁵² S.J. Res., 736 (WI. 2025).

⁵³ Weiss, *supra* note 14.

⁵⁴ Mo. Rev. Stat. § 217.199.

⁵⁵ *Access to Menstrual Hygiene Products in Missouri Prisons*, MISSOURI APPLESEED, https://missouriappleseed.org/wp-content/uploads/2023/06/23_MoApp_Menstrual-Hyg-Research.pdf (last visited Apr. 22, 2026).