



Period

Empowering menstruators by reallocating public lands for the purpose of celebrating menstruation.

People who menstruate, menstruators, have been systematically ignored by the National Parks System and by the outdoor industry as a whole. As a result, a barrier forms between menstruators and the outdoors.

This project deconstructs that barrier.



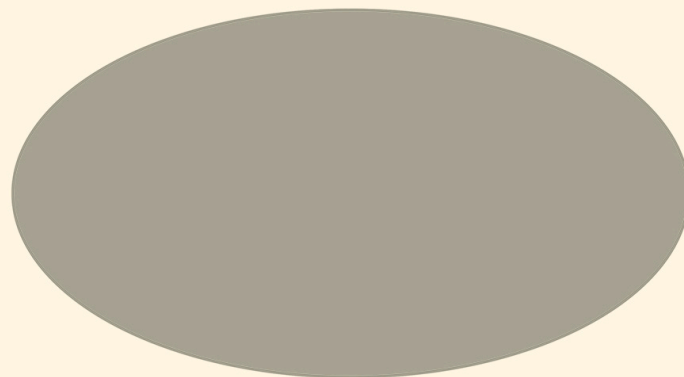
Understanding

We can begin to see the marginalization of menstruators when we look back at the history of the first National Park, Yellowstone.

Originally, Yellowstone was managed exclusively by men in the U.S. cavalry, setting the precedent for all male management of public land. It is important to acknowledge that although menstruation is culturally associated with females, not all females menstruate and not all menstruators are female. However, looking at the history of females in the park can serve as a proxy for menstruators in the early years of the park, because there is no data collected for menstruators as a whole. This gap in the data is itself a result of the systematic neglect of menstruation within the park. Fifty percent of the global population will menstruate, is menstruating, or has menstruated. Menstruation happens everywhere. The following maps indicate everywhere on the planet where menstruation has happened.



Map of Earth



Map of Earth

Where menstruation has happened

As you can see from these maps, menstruation has happened in every single National Park. Every single one. Despite the breadth and depth of research done in all of the National Parks, there is not a single publication about menstruation.

Are people comfortable being in the park when they are menstruating?
Do people avoid extreme environments when they are menstruating?
Do they avoid parks or certain areas in the parks?
Are there adequate resources for them? Do they feel safe?
Is there needed information and education regarding menstruation and the outdoors?
Where are people getting their information about menstruating outdoors?
How can we help visitors to the park who are menstruating?

None of these questions have been addressed. By neglecting menstruators and not making efforts to understand their experiences in parks, we systematically build walls between menstruators and the outdoors that limit their ability to reconnect with landscape and celebrate the process of menstruation. The stigmas about menstruation that cause these barriers are not isolated to the National Parks service, they are present everywhere.

However, manipulating the National Parks to accommodate for menstruators can cause universal change and force us to come to terms with the negative ideas that persist surrounding the menstrual cycle.



Changing

Design works within systems and if we want to make systematic change, we must understand those systems in order to manipulate them.

When changing National Parks to accommodate for menstruating persons, we must first understand the system in which these parks were established. Yellowstone was established through legislation, specifically the Establishing Yellowstone Park Act of 1872. Following this, President Theodore Roosevelt signed the 1906 Antiquities Act which authorized Presidents to proclaim and reserve “historic landmarks, historic and prehistoric structures, and other objects of historic or scientific interest” on public lands as “national monuments.” Following this, the Organic Act of 1916 established the National Parks Service. As we continue to look at the history of the park we can see that legislation was/is vital to making management, conservation, and all other major changes. If we want to make a change to this system, we must design what we want to see; then take create legislation to make that change actionable. This is where the Comprehensive Restructuring to Accommodate Menstruating Persons in Parks Act (CRAMPP Act) comes in.

This act reallocates public lands for the purpose of celebrating menstruation. It does this by limiting the visitation to all National Parks to active menstruators and their supporters. This change will be implemented to all National Parks by 2030, but will begin with the first established park, Yellowstone. The legislative process includes the amending of six existing acts and the creation of the CRAMPP act. The six modified acts are the act Establishing Yellowstone National Park of 1872, the National Parks and Recreation Act of 1978, General Authorities Act of 1970, Redwood National Park Expansion Act, as amended in 1978, Volunteers in the Parks Act of 1969, Wilderness Act of 1964. As amended, these acts will establish a new platform for the National Parks in the United States that provides a ritual experience for active menstruators and supporters (as defined in the CRAMPP act). These experiences utilize existing park infrastructure to build rituals surrounding menstruation and celebrate the experiences of menstruators.

“For the benefit
and enjoyment of
Menstruating Persons”

- CRAMPP Act

COMPLETE TEXT OF THE COMPREHENSIVE RESTRUCTURING TO ACCOMMODATE MEN-
STRUATING PERSONS IN PARKS ACT

Public Law 88-577 (16 U.S.C. 1131-1136)
116th Congress, Second Session
November 27, 2019

A N A C T

To reallocate National Parks for the benefit and enjoyment of menstruating persons, for the permanent good of the whole people, and for other purposes.

Be it enacted by the Senate and House of Representatives of the United States of America in Congress assembled.

SHORT TITLE

SECTION 1. This Act may be cited as the "CRAMPP Act."

MENSTRUATING RITUAL SYSTEM ESTABLISHED STATEMENT OF POLICY

SECTION 2.(a) In order to assure a safe and empowering environment for menstruators, it is hereby established the National Parks of the United States to be reallocated and used primarily for menstruation. These parks shall be administered for the use and enjoyment of the menstruating persons in such manner as will leave the lands unimpaired for future use and enjoyment as wilderness, and so as to provide for the protection of these areas, the preservation of their wilderness character, and for the gathering and dissemination of information regarding their use and enjoyment as a menstrual ritual space.

(b) The inclusion of an area in the National Parks System notwithstanding, the area shall continue to be managed by the National Parks Department and agency having jurisdiction thereover immediately before its inclusion in the National Parks System unless otherwise provided by Act of Congress. No appropriation shall be available for payment of expenses or salaries for the administration of the National Parks System as a separate unit nor shall any appropriations be available for additional personnel stated as being required solely for the purpose of managing or administering areas solely because they are included within the National Parks System.

DEFINITION OF MENSTRUATING PERSON

(c) A menstruating person, menstruator, in contrast with a non menstruating person, is hereby recognized as a person who is or has gone through menstruation, the shedding of the uterine lining at any point in their life.

(d) In contrast to a menstruator, an active menstruator is, at present, menstruating.

(e) A supporting person, supporter, is hereby recognized as a person who is accompanying an active menstruator in the National Park and has expressed consent from the menstruator. Supporters are only allowed in the park to accompany active menstruators.

**NATIONAL PARKS REALLOCATION
EXTENT OF SYSTEM**

SECTION 3.(a) Within one year after the effective date of this Act, the transition and visitor restriction begins, file new maps and legal description of each menstrual ritual area with the Interior and Insular Affairs Committees of the United States Senate and the House of Representatives, and such descriptions shall have the same force and effect as if included in this Act: Provided, however, that correction of clerical and typographical errors in such legal descriptions and maps may be made.

(2) Maintain, available to the public, records pertaining to said wilderness areas, including maps and legal descriptions, copies of regulations governing them, copies of public notices of, and reports submitted to Congress regarding pending additions, eliminations, or modifications. Maps, legal descriptions, and regulations pertaining to wilderness areas within their respective jurisdictions also shall be available to the public in the offices of regional foresters, national forest supervisors, and forest rangers. Classification.

(b) The Secretary of Agriculture shall, within ten years after the enactment of this Act, review, as to its transition rate and of the restriction to visitation in each area in the national parks classified on the effective date of this Act by the Secretary of Agriculture or the Chief of the Forest Service

USE OF NATIONAL PARKS

SECTION 4.(a) The purposes of this Act are hereby declared to be within and supplemental to the purposes for units of the national park system is established and administered and--

(1) Nothing in this Act shall be deemed to be in interference with the purpose for which national forests are established as set forth in the Act of June 4, 1897 (30 Stat.11), and the Multiple-Use Sustained-Yield Act of June 12, 1960 (74 Stat. 215).

(2) Nothing in this Act shall modify the restrictions and provisions of the Shipstead-Nolan Act (Public Law 539, Seventy-first Congress, July 10, 1930; 46 Stat. 1020),the Thye-Blatnik Act (Public Law 733, Eightieth Congress, June 2, 1948; 62 Stat.568), and the Humphrey-Thye-Blatnik-Andresen Act (Public Law 607, Eightyfourth Congress, June 22, 1956; 70 Stat. 326), as applying to the Superior National Forest or the regulations of the Secretary of Agriculture.

(3) This Act shall modify the statutory authority under which units of the National Park system are created and used. Further, the designation of any area of any park, monument, or other unit of the national park system as a wilderness area pursuant to this Act shall be concurrently allocated for the use of menstruating persons. (b) Except as otherwise provided in this Act, each agency administering any area designated as a National Park shall be responsible for preserving the wilderness character of the area and shall so administer such area for such other purposes for which it may have been established as also to preserve its wilderness character. Except as otherwise provided in this Act, National Park areas shall be devoted to the purpose of menstruation, with secondary goals of recreation, scenic, scientific, educational, conservation, and historical use.

SPECIAL PROVISIONS

(d) The following special provisions are hereby made: (1) Within reallocated National Parks designated by this Act the use by non-menstruating persons and non supporters is not permitted.

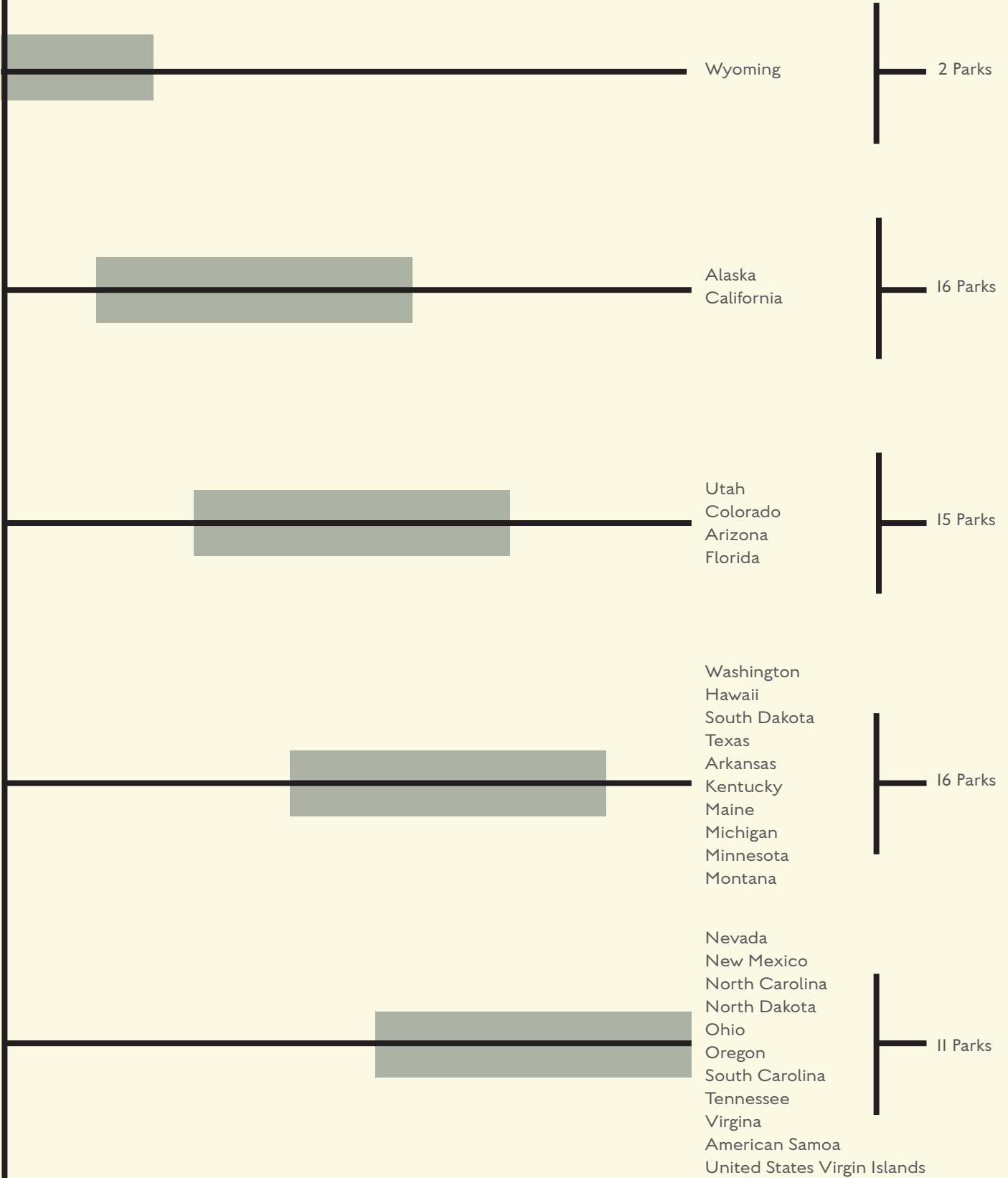
(e) Such measures by non menstruators may be taken as may be necessary in the control of fire, insects, and diseases, subject to such conditions by non actively menstruating persons in the park.

_ Legislative History: House Reports:No. 5266 accompanying H.R. 9070 (Committee on Interior & Insular Affairs) and No. 1829 (Committee of Conference). Senate Report: No. 109 (Committee on Interior & Insular Affairs).

Implementation






To create a smooth transition to the new system, implementation will be staggered by state. The states with the largest number of parks will follow Yellowstone and Grand Teton.

2021 2022 2023 2024 2025 2026 2027 2028 2029 2030



Experiencing

Once the visitation to parks has changed to comply with the CRAMPP Act, parks will be experienced differently. Ritual experiences will develop that are based on the life stages of menstruators and the transition periods between these periods. Menstruators experience cyclical changes to their menstrual cycle every seven to fourteen years. These changes in the menstrual cycle can coincide with changes in life stages. These ages are not the same for everyone and every person will move from stage to stage differently and at different times. The stages are represented by different parts of the artemisia tridentata plant and are as follows:

<p>Leaves</p> <p>Artemisia Tridenta has two leaf types, non-lobed and lobed. The non-lobed ephemerals sprout in the spring and die in the summer. The lobed leaves sprout in the spring and photosynthesize during the winter.</p>		<p>The imagining phase is one of dreaming and socialization and great imagination. This stage incurs frequent growth and regrowth of ideas and is consistent with the leaves of the sagebrush.</p> <p>Imagine</p>
<p>Branch</p> <p>The branches of the sagebrush are either vegetative or reproductive. Vegetative branches are leafy and grow all year round. Reproductive branches are floral and bloom every spring.</p>		<p>The weaving phase moves explores the separation of reason and the imaginal. Like the branches of the sage, weavers move with the wind. Just as the branches intertwine, so do reason and imagination.</p> <p>Weave</p>
<p>Lace root</p> <p>The lace roots of the sagebrush reach horizontal to the ground above them. These root systems are used to soak up sudden rainfall and melt water.</p>		<p>The exploration phase is one of discovery and reaching. Explorers are examining new world/new life and reacting to sudden life changes. For this reason, they are the lace roots.</p> <p>Explore</p>
<p>Tap root</p> <p>The tap root of the sagebrush plunges much deeper and narrower into the earth. This root searches for hidden underground water reserves.</p>		<p>Seekers are learning deeply and discovering self in a new way. Seekers have the opportunity to reflect before and transition.</p> <p>Seek</p>
<p>Sagebrush</p> <p>Artemisia Tridenta is a survivor. A healthy shrub can live to one hundred years. They are vital to the ecosystems they live in and can adapt unlike other organisms.</p>		<p>Navigators have experience, they are survivors. They have and continue to imagine, weave, explore, seek, and guide others through these experiences.</p> <p>Navigate</p>

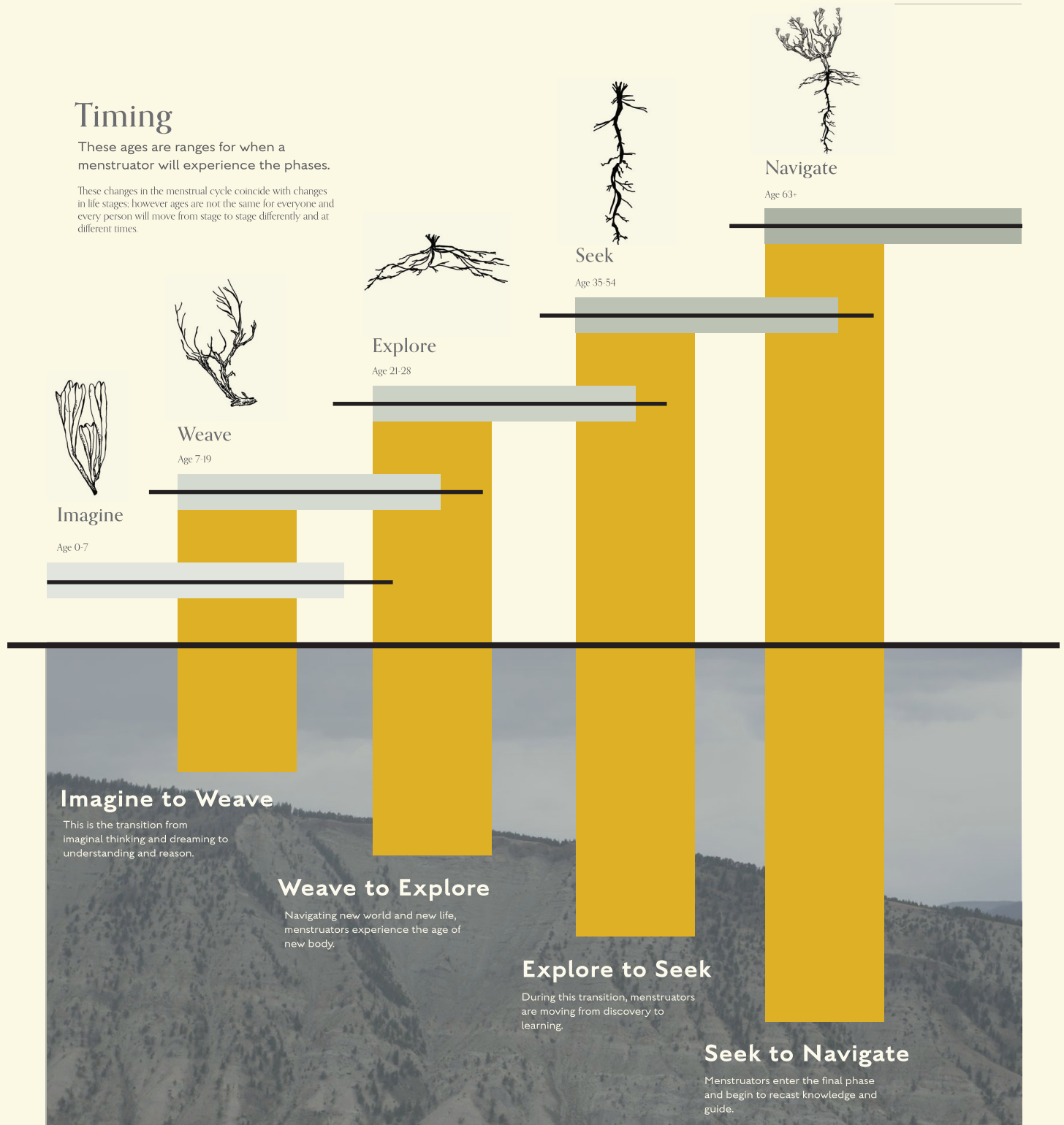
Transitions

The transition from phase to phase will be celebrated in the parks. Transitions allow menstruators to re-examine their present sense of being and welcome in a new phase of life. We are often consciously or subconsciously resistant to change. However, celebrating these changes allow us to control the fear and stress of transitions.

Timing

These ages are ranges for when a menstruator will experience the phases.

These changes in the menstrual cycle coincide with changes in life stages, however ages are not the same for everyone and every person will move from stage to stage differently and at different times.



Badges

During each transition, each menstruator receives a badge to wear during ritual experiences at the National Parks. This reclaims the current traditions of the National Parks and empowers menstruators.



During this celebration, the new menstruator will receive their first badge.

The badges are to be worn only by people who are actively menstruating. The images on the badge will indicate what stage of life the menstruator is in.



Each time a menstruator transitions, they are given a new badge.

If the image on the badge is a sage branch, the menstruator is a weaver. These badges are worn with pride by menstruators.



The color of the badges will indicate the National Park.

For example, if a menstruator transitions from an explorer to a seeker at Yellowstone their badge will be blue; however if they transition at Zion, it will be rust colored.



Navigators are able to collect all of their badges.

Navigators will receive their final badge and begin to wear all of their badges when they are helping others.

After the transition rituals, where menstruators receive their badges, the menstruators can go to the National Park for cyclic rituals. The cyclic rituals occur every time a person is menstruating and goes to a National Park. These rituals change after a menstruator has changed from one phase to the next, but are relatively consistent.

There are three primary types of ritual experiences; Front, Mid, and Back County.

Front Country

Front country experiences are focused on restorative activities. In the front country visitors are staying in lodges and exploring visitors centers and participating in group activities with Navigators.



Mid Country

In the Mid Country, Navigators guide menstruators on day trips, hikes, and short term excursions. The Navigators guide and educate in the Mid Country.



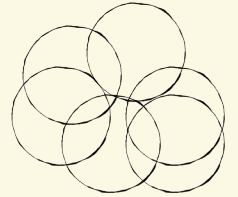


Back Country

Longer term backcountry experiences are lead by Navigators for days at a time, up to the entire cycle. These experiences travel the furthest from roads and infrastructure.

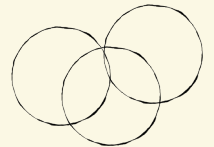
Community

Community rituals have more than four participants and are usually at times of transitioning.



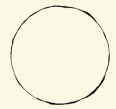
Companion

Companion rituals are between two to four people, the menstruator and their supporters.



Solo

Once a menstruator becomes an Explorer they are welcomed to participate in solo ritual experiences.



These National Park experiences empower menstruators.



By reclaiming National Parks for the purpose of celebrating menstruation, we empower menstruators and eliminate the barriers between menstruators and the outdoors.

Period

Bibliography

Berman, M. (1981) "Reenchantment of the World"

Estés, C. P. (1992) *Women Who Run with the Wolves : Myths and Stories of the Wild Woman Archetype*. New York :Ballantine Books

Gaard, G. (2001). *WOMEN, WATER, ENERGY: An Ecofeminist Approach*. Organization & Environment

Gaard, G. (2004). "Toward a Queer Ecofeminism" *New Perspectives on Environmental Justice*

Kaufman, P. W. (2006) *National Parks and the Woman's Voice: a History*. University of New Mexico Press, 2006.

Kelly, A. (2018) "The Adventure Gap: Why Minorities Are Less Likely to Pursue Outdoor Recreation | CBC News." *CBCnews, CBC/Radio Canada*

Mies, Shiva (1995). "Ecofeminism": A New Testament?, *Feminist Review*

Plumwood V. (1993) *Ecofeminism and Nonhumans: Continuity, Difference, Dualism, and Domination*

