



capital
camps & retreat

Summer 2025 Family Guide

Winter Office

(Until June 6)

11300 Rockville Pike, Suite 407
Rockville, MD 20852

Summer Office

(June 9 – August 13)

12750 Buchanan Trail East
Waynesboro, PA 17268

Tel: 301-468-2267

Email: info@capitalcamps.org

Website: www.capitalcamps.org



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Agency Mission

Capital Camps & Retreat Center provides fun, challenging and creative camp and retreat experiences that build vibrant Jewish communities and nurture individual growth.

Camp Mission

At Capital Camps, we inspire our campers and staff to grow as individuals and to build Jewish communities through meaningful challenges and shared experiences.

History of Capital Camps

Capital Camps' proud history began in 1985, when the Greater Washington Jewish community approved the creation of a Jewish residential camp. On the former site of Camps Wohelo, Comet and Comet Trails, and the funds from the Washington DC Jewish community, private donations and the proceeds from the sale of Camp Kaufmann on the Maryland Eastern Shore, Capital Camps was born. In 1988, the camp opened with 190 campers and 30 staff. During summer 2025, approximately 825 campers will spend their summer with us, along with over 200 staff members.

Our Villages – communal living areas – are derived from the predecessors when the camp operated as three separate, yet connected, entities. In summer 1990, Camp Kaufmann opened for 8th – 10th graders. The following year, Camp Reich opened for campers in middle school and Camp Benjamin welcomed our youngest campers. In 2004, following an in-depth strategic planning process, a formal partnership with the Baltimore Jewish Community, and significant fundraising efforts across the region, the property was redeveloped. This resulted in all new camper cabins, an aquatic center, visual and performing arts building, dining hall, and the addition of Macks Village – a tent community for our 10th grade campers. Several years later, our indoor gym was refurbished, resulting in a new Leadership Center, now home to our CITs (12th graders). In 2021, we added K'far Ha'Atid to create a new yurt village for our LITs (11th graders), as well as a peer trip to Israel.

Capital Camps is a member agency of the Jewish Community Center Association (JCCA) and the official overnight camp of seven JCCs, from Baltimore to Virginia Beach. We are a beneficiary of the Jewish Federation of Greater Washington and an affiliate member of JCamp180 and the Foundation for Jewish Camp.

Accreditation

Capital Camps is an American Camp Association (ACA) accredited program and received a perfect score of 100% during our last visit. Approximately 25% of overnight camps in the United States achieve this distinction. For more information regarding ACA and its accreditation process, please visit the [ACA Website](#).

Camp Leadership

Camp Director

[Josh Micley](#)

Assistant Camp Director

[Ilana Kornblatt](#)

Family & Community Engagement Manager

[Ezra Suldan](#)

Program Associate

[Max Nozick](#)

Registrar/Office Administrator

[Penny Hartzman](#)

Agency Administration

CEO	Havi Goldscher	Communications Associate	Maddie Siegel
Chief Operations Officer	David Brunner	HR Associate	Helena Rogozinski
Finance & Administration Dir.	Ruth Burka	Dir. Of Retreat Sales	Seaton VanderWoude
CFO	Courtney Sommer	Development Associate	Sarah Schuminsky
Development Director	Naomi Malka		

Home-Camp Partnership

We rely on a deep partnership with our camp families each summer. Jewish wisdom teaches that it is our job as parents and educators to help our children discover their own path in life, to help them learn to “swim” on their own and be independent. At Capital Camps, we collaborate with parents to provide a safe nurturing environment to help our campers on the path to becoming confident and engaged members of the Jewish community.

The pre-camp forms we ask parents to complete are an important element of this partnership. The Health History Form needs to be updated annually so we have the most up-to-date information about your child’s physical and mental health needs. For safety and security, it is also important to update your child’s photo. Our “About Me” and “About My Camper” forms are a way for campers and parents to communicate directly with counselors before the summer. To set a positive tone for the summer, all campers need to review and sign a “Code of Conduct” form.

Our year-round staff are experts in child development with experiences as general, special and Jewish educators, recruitment, professional development and many years of hands-on camp experience. We have a full Camper Care Team including nurses, doctors, inclusion specialists, and a team of Yoetzot (camper care specialist). Whereas our nurses and doctors focus on the physical health of our campers and staff our Yoetzot team focuses on their social, emotional, and mental health. Our Yoetzot are licensed social workers, therapists, clinical psychologists, school guidance counselors, and experienced educators. During the summer, the Yoetzot also serves as parent liaison calling and returning parents’ phone calls.

Campanion App

Capital Camps has engaged Campminder’s **Campanion mobile app** to streamline forms, photos and summer updates into one place. This mobile app was built specifically with camp families in mind making it easy for families to keep up with their camper’s ‘moments’. The app will allow parents to complete forms, view tagged photos (no need to scroll through hundreds of photos!) and more.

To get started, follow these three simple steps:

- Download the Campanion app
- Login to the app using your CampInTouch login and password
- Upload a reference photo of your child(ren)

Your family and friends will also be able, as Guests, to send emails and view photos of your campers. To set up Guest Accounts:

- Login to your [CampInTouch dashboard](#)
- Scroll down to Online Community: Guest Accounts
- Enter the Guest Name and Email address

Your Guest will be prompted to set up their account (with a login and password) to send emails and view photos. Please share this information with your Guests to allow them ease of access. If you have any questions, please contact Penny (penny@capitalcamps.org /240-283-6157).

First Time Campers – Preparing for Camp

Signs that your child is developmentally ready to go to camp include showing an interest in sleepovers with family or friends, having successful experiences with babysitters and being able to navigate new experiences. The following three steps will help prepare your child for camp:

1. Review daily living routines – have your child start to take care of their personal hygiene. Teach them how to turn on the shower, use soap/shampoo, and brush their hair and teeth. While our counselors will supervise and assist your child, encouraging independence for age-appropriate daily living routines can help your child transition to camp.
2. Reinforce social-emotional resources – Talk with your child about what going to camp means, about living in a community, getting along with others and following directions. If your child expresses concern about missing you, let them know that it is okay and normal to miss parents and at the same time to have a great time at camp. Express confidence in those at camp who are there to help your child navigate this new adventure.
3. Express that YOU are ready for them to go – Share with your child that you are confident in their ability. Your expectations can drive the experience. Do not tell your child that they can call you or come home if they get sad or homesick. This sets up the idea that this is part of camp. Instead, talk about all of the fun things they will be doing, both familiar and new activities. Focus on the positive things that they will get from camp.

All Campers – Returning Home

At Capital Camps, the last days of each session are full of tradition. For our full-session campers, there is a banquet, slide show, candles and celebrating the number of years a camper, especially recognizing our 5-year and 10-year campers. Our Yalla campers also experience special programming to celebrate their time at camp. The following tips can help smooth the transition from camp to home:

1. Many of our campers like to stay up later the last night of camp in an attempt to make the magic of camp last a little bit longer. They may arrive home in need of a shower, a nap and a good meal.
2. Some of our campers will show signs of a post-camp phenomenon aptly named “camp sickness”. Campers may express a range of conflicting emotions, happy to come home but missing camp. Some need time alone to readjust and others may seem to need more parental attention.
3. Listen, wait and show your pride. You and your camper successfully separated and had unique experiences. The stories, inside jokes and special memories will usually be shared throughout the year. Let your camper know how proud you are of all they accomplished at camp and help them count down the days until next summer.
4. Help your camper ease back into the world of technology. Racing back to screens instead of taking the time to readjust can make the transition harder. Encourage your camper to “plug back in slowly” by asking them to share stories, songs and special moments from camp.

Obligations and Core Values

Obligations represent a simple but important bond between our agency and your family. They affect every decision and program we operate and are foremost in our minds at all times.

1. Safety – The safe return of each child to their home is the basis for our relationship with our camp families. You trust us to care for your child and we place this trust above everything else – period.
2. Role Models – Our staff must always be exemplary role models. They must care and nurture your child. There are no exceptions.
3. Fun – Camp is about campers having fun! If it is not present, none of the serious identity-building activities can take place and be absorbed.

Core Values

Four core values provide a stable foundation that we integrate into our programs.

1. Community – *Kehillah*
Experiencing life as part of a larger community is integral to create engaged members. We provide opportunities to experience communal living with unrelated peers, to understand responsibility for others and to appreciate how individual actions affect the larger community – both in and out of camp.
2. Challenge and Risk – *Etgar v'Hishtadiut*
We believe in 'challenge by choice' and the idea that growth takes place when an individual takes the risk of moving outside their comfort zone. At camp, we guide children through the highs and occasional lows associated with communal living and decision-making. Taking risks in a supportive environment is critical to positive developmental growth.
3. Empowerment – *Hasmacha*
By inspiring campers to think critically and learn leadership skills, they achieve a more complex sense of self and greater self-confidence. Our program is designed to consciously and subconsciously empower participants in age-appropriate ways throughout the summer and their entire camp career.
4. Jewish Education – *Chinuch*
Immersion in a world where Judaism is fun, vibrant and an everyday part of life is essential for Jewish engagement. A love of Judaism and Jewish life is woven seamlessly throughout camp life and allows campers to take ownership for their own spiritual journey. Jewish education takes many forms at camp and our pluralistic approach ensures everyone's comfort level is respected.

Inclusion

From inception, Capital Camps has had an abiding commitment to the concept of 'camp for all'. We welcome campers of all backgrounds, denominational affiliation, gender, race, sexual orientation, or socioeconomic status, including those with a range of intellectual, emotional, and physical abilities. Our Atzma'im (inclusion) program provides additional daily living and social/emotional support for campers with disabilities. There is a special assessment process to determine if a camper's needs can be accommodated in our Atzma'im program.

Capital Camps is a community where all gender and sexual identities are welcomed and included. Campers and staff can choose what pronouns and/or name they would like to use at camp. Our cabins are separated by gender and grade level, cabin assignments may be made by gender identity. Requests from our camp community to be housed by gender identity should be made directly to our Community Care Manager. Parents or guardians are required to participate in the conversation with the camper and Community Care Manager prior to the beginning of the summer. We will work with gender-fluid and non-binary members of our camp community and their families before camp to help them identify an appropriate cabin assignment. We are committed to sustaining and strengthening our community through on-going education, conversation and examining our assumptions and biases

Camper Code of Conduct

Every member of the Capital Camps community is important. All members at camp are committed to ensuring a healthy and supportive environment for all. To support this endeavor, we ask our campers and parents to review and agree to a set of mutual expectations and that they make positive choices that can create a warm, safe, inclusive, and nurturing environment for our entire community. Communal norms and expectations are behaviors we all agree to follow. These values include being kind (*Chesed*), treating everyone with fairness (*Tzedek*), gratitude (*Hakarat Hatov*), teamwork (*Avodah Tzevet*), and social responsibility/community mindfulness (*Kehillah*).

By reviewing and agreeing to the Codes of Conduct, you affirm your commitment to our partnership to ensure all campers have a successful summer. All parents and campers need to review and sign the village appropriate Camper Code of Conduct on your [CampInTouch Dashboard](#). Should camp determine that your child is longer following our Code of Conduct and needs to depart camp, this will occur at the family's expense.

Bunk Requests and Placement

We work hard to create welcoming, supportive communities. A camper's bunk is their primary community. Prior to camp, campers may request a maximum of two campers as cabin mates. Requests must be reciprocal in order to be fulfilled. As long as bunking forms are submitted by May 1, 2025, we will do our best to honor all requests. If we are unable to bunk a camper with at least one of their requests, you will be notified. In order to create strong bunk communities, balanced with new and returning campers, campers may be with different groups each year. In addition to bunk communities, we create grade, village and full camp communities. Campers will have opportunities to form meaningful relationships within all of these communities. Once campers have arrived at camp, we gather everyone together to announce cabin assignments and introduce them to their bunkmates. We do not share bunk assignments in advance. You will receive an email on the first day of camp indicating your camper's cabin placement and an introduction to their cabin staff. Prior to camp, you will receive an email with details about the Village Leader and Yoetzet.

Health Care

Our goal is to create an environment that integrates healthy living and first-class diagnosis and treatment. Parents are our partners in caring for our campers. To create a healthy and safe environment at camp, we employ nurses, doctors and camper care specialists (Yoetzot). We continually assess the risks and needs of our camp community in order to ensure quality care. To maintain our high standards, camp families must adhere to our medical policies. Please do not send your child to camp with a fever, feeling physically or mentally unwell, if they have lice or if they are recovering from another communicable disease. It is better to arrive at camp healthy and ready for fun! Our staff will acclimate your child at the appropriate time. Every camper participates in a health and lice screening upon arrival. You will be asked to come pick your child up if we deem them unsuitable to participate in our program. Please call and seek guidance if you are unsure as to whether or not you should send your child to camp.

Health Forms

Medical forms are required by Pennsylvania state law and the American Camp Association (ACA). It is essential that these forms be completed in their entirety by the parent/guardian and the child's physician. As children's health can change dramatically from year to year, we require **an updated Health History**

Form each year. Physician's Exam forms need to be based off of a physical exam within the past 18 months. For summer 2025, that means a physical exam between January 1, 2024, and May 1, 2025. Accuracy and thoroughness are essential for the care of your child. **These two forms can be found on your [CampInTouch Forms Dashboard](#) and must be completed by May 1, 2025.** Medical forms for campers enrolled after May 1, 2025 are due within 14 days of enrollment. For the safety of our community, health forms are reviewed prior to camp by our Medical Team. *Without fully-completed and reviewed forms, your child will not be permitted to enter camp.*

Notifications and Health Center Overnights

We contact parents/guardians if a camper:

- Requires a new prescribed medication
- Needs to sleep in the health center overnight
- Has a fever for more than 24 hours
- Shows any signs or symptoms of concussion
- Must be seen at that hospital or by a doctor outside of camp

You will not be contacted for minor visits to the Health Center.

There are circumstances in which a camper will be asked to go home to recuperate/recover from an illness or injury and return to camp once their pediatrician grants permission. Examples include:

- Fever for more than 48 hours
- Concussion
- Musculoskeletal injury (ankle/knee/foot/hip) that inhibits the camper from walking around camp/participating in activities for more than 24 hours

If medical care outside of camp is needed, we will contact parents and arrange for an appointment if possible. Families are responsible for all out-of-camp payments and for all medical services. We always attempt to submit insurance cards at the time of service. Insurance information, including the subscriber's name, must be included on the Camper Health History Form. In addition, please be sure to complete the **Required: Medical Insurance Form** on your [Forms Dashboard](#). Our local healthcare providers accept most insurance plans, but if not, Camp will pay for the service and bill the family directly.

If your child requires a new prescription while at camp, you will be notified by phone, and Camp will submit your insurance information. Parents/guardians are responsible for all reimbursement for co-pays and medications. If your child is prescribed medication during camp, when you pick them up at the end of their session, we recommend that you ask if any medication is left over. If your child is no longer taking a medication which was ordered through our third-party pharmacy, the Health Center will call to establish a plan for the medication to be returned to you.

Over-the-Counter and Prescription Medications

Per American Camp Association (ACA) standards, campers are not permitted to have prescription or over-the-counter (OTC) medications in their possession. Our Health Center will have all of the usual OTC medications available (Tylenol, Benadryl, Advil, Zyrtec, Tums, etc.). All medications (except for epi-pens and inhalers) must be processed through our third-party pharmacy, Pack My Rx, an independent retail pharmacy. Please register with www.PackMyRx.com as soon as possible to avoid late charges. For questions regarding Pack My Rx, please see the Pharmacy FAQs located on your [CampInTouch dashboard](#).

If your camper ONLY takes the following over-the-counter medications on a DAILY BASIS, Capital Camps will provide them for a small fee: Generic Allergy medications (Allegra, Claritin, Zyrtec) and Melatonin. Please complete the Over-The-Counter Medication Order Form on your [CampInTouch dashboard](#).

If you have any medication questions or if you feel that your child has medication needs that cannot be provided through Pack My Rx or by camp, please contact [Penny Hartzman](#) via email or 240-283-6157.

There is a \$250 fee for prescription and OTC medications brought to camp that do not follow our process. This may result in expulsion.

Allergy Shots may be administered at camp depending on the comfort level of the physician or nurse on-site. Please be sure to note this on all health [forms](#).

All medication is distributed by our medical staff. All breakfast, lunch and dinner medications are distributed at meals. Bedtime medications are distributed through the health center immediately following evening programs. The camp schedule is busy and often changes. Medications that help a child focus, for example, should be taken as they would during the school year. The environment can also affect medications, e.g., perspiration may alter its effectiveness. Please do not adjust your child's medication prior to/during your child's camp experience without including our medical staff in the discussions.

Vaccinations

To ensure the safety and health of camp community, all campers must receive the following vaccinations in order to attend camp: DTap or Tdap (Diphtheria, Tetanus, Pertussis, IPV) Hepatitis A, Hepatitis B, Chicken Pox (Varicella) and MCV4. MCV4 is required for campers 11 years and older; a second dose is required for campers 16 years and older. We highly recommend that all of our campers receive COVID-19 vaccinations and boosters. The date of these vaccinations, along with the physician's signature, must be noted on your camper's Health History Form and Physician's Exam Form, located on your [Forms Dashboard](#). Parents are responsible for updating their camper's Health History Form with the most up-to-date information.

Specific Medical Issues

Information exchange is critical to our ability to address physical and mental health needs. If your child is coping with a new, existing, or complicated physical or mental health issue, **it is imperative that you share** that information with our administrative staff, camper care specialists or nurses. This information will be treated in the strictest of confidence. A lack of information limits our ability to provide your child with a safe and successful summer.

Epi-pens and inhalers do not need to be submitted to our third-party pharmacy servicer (Pack My Rx); however they do need to be listed on the Medications Page on both the Health History Form and the Physician's Exam Form on your [Forms Dashboard](#). Please reach out to Penny (penny@capitalcamps.org/ 240-283-6157) to discuss this.

All campers who bring epi-pens to camp are required to bring an insulated case for each pen. For questions, please reach out to Penny (penny@capitalcamps.org/ 240-283-6157).

Children who carry epi-pens and inhalers regularly – if your child carries an epi-pen and/or inhaler on a regular basis should continue to follow that daily routine. Upon arrival at camp, epi-pens and inhalers will be checked by our medical staff to ensure they are in usable condition and then returned to the camper. Additionally, we keep epi-pens in strategic locations throughout camp (pool, lake, ropes course,

athletic fields, dining hall), but those are designed for campers with no diagnosed allergy. If your child arrives at camp without their epi-pens and/or inhalers, we will contact you to send them via overnight mail. In addition to epi-pens located around camp, we have IEDs and Narcan also available.

Campers who do not carry epi-pens and inhalers regularly - If your child uses an epi-pen and/or inhaler but does not self-carry, they must bring two new non-expired epi-pens and/or inhalers. They should be in the original boxes, with the prescription label visible, and turned into the Health Center staff at the beginning of camp.

Animals at camp – In addition to the animals found in nature, we have goats, sheep, chickens and dogs at camp. If your camper is allergic or has fears about interacting with animals, please contact [Josh](#).

Head Lice is a common condition, especially in a closed community such as camp or school. While head lice are not known to transmit disease, secondary bacterial infection of the skin resulting from scratching can occur with any infestation. With this in mind and following the guidance of our camp and medical committees, we require that all campers and staff be lice free in order to participate in our program. As the task of detection and treatment can be extremely time-consuming, we use a third-party vendor to examine every camper and staff member upon arrival at camp, as well as to provide initial and follow-up treatment when necessary. Capital Camps will cover the cost of this treatment. Should head lice be detected on your child, you also have the option to pick up your child on the same day and treat them at home.

Campers are permitted to return when the infestation has been removed. In advance of camp, please select your desired treatment method via the Head Lice Treatment Authorization Form, located on your [Forms Dashboard](#).

Mental, Emotional, Social, Spiritual Health (MESSH)

If your child is coping with a new, existing, or complicated mental health issue, **it is imperative that you share that information with our Camp Director, [Josh](#)**. This information will be treated in the strictest of confidence but will be shared with your child's Village Yoetzet and others on a need-to-know basis. A lack of information limits our ability to provide your child with a safe and successful summer. We reserve the right to ask parents to sign a release so that we can talk directly with your camper's therapist(s). ***If a camper has recently been hospitalized and/or has engaged in self-harm or self-injurious behaviors, or expressed thoughts of self-harm or suicide, a safety plan needs to be established and agreed upon before the camper is able to come to camp.*** If your camper's mental health issues require ongoing therapy while at camp, we can provide a computer or phone and private space for your camper to connect with their therapist. It's the parents/guardians responsibility to make sure that the camper's therapist is licensed to do so in the state of Pennsylvania. If a camper has a mental health crisis and/or engages in self-harm or self-injurious behaviors or expresses thoughts of self-harm or suicide while at camp, we may ask that your camper go home to be evaluated. If a camper is asked to leave camp, they may return after the Community Care Manager or Camp Director has talked with the therapist and an approved written safety plan has been received. The ability to return to camp will be determined by the Camp Director in consultation with the Community Care Manager. **There are no refunds if a camper needs to leave camp for medical or mental health reasons.**

Communication with Camp

Parent calls/emails to administration – We are here to help, so please do not hesitate to contact us if you have any questions or concerns. We do request that you limit your calls to our office hours (see below). In the event of an emergency outside these hours, please call our summer emergency number. This number will be emailed to families prior to the start of camp.

Camp Office: 301-468-2267 or info@capitalcamps.org

Office Hours: Sunday – Thursday	9 am – 8 pm
Friday	9 am – 5 pm (closes early for Shabbat)
Shabbat (Saturday)	Closed

Campers are not permitted to make or received telephone calls while at camp, except for their birthday call. See below for details regarding birthdays at camp.

Mail and Packages

Our campers love getting mail and email from family and friends. Mail (including email) is distributed every day except Shabbat. The local U.S mail service experiences a significant increase in volume during the summer – please be patient and recognize that we deliver everything we receive and we mail everything that is written by our campers. You will receive notification via email regarding your child’s specific cabin name after the start of the session. When writing to your camper, we ask that you are mindful of sharing big, surprising news. We are happy to partner with your family if something sensitive needs to be communicated to your camper while they are at camp.

Please address all mail as follows:

[Camper Name]
Capital Camps
[Insert name] Village – [Insert name of cabin]
12750 Buchanan Trail East
Waynesboro, PA 17268

Write the name of the Village:

Yalla (entering 2nd - 4th grades)
Benjamin (entering 3rd - 5th grades)
Reich (entering 6th – 7th grades)
Kaufmann (entering 8th – 9th grades)
Macks (entering 10th grade)
LIT (entering 11th grade)
CIT (entering 12th grade)

Email – Emails from parents are only accepted via the Companion app and for your guests (grandparents, friends, etc.) through their CampInTouch Guest Account. Emails may be sent through this method, but please note that campers do not have the ability to email back; they will be writing back via snail mail. **All emails received by 9 am will be delivered the same day, except on Shabbat.**

Packages – For safety and security reasons, we will no longer allow campers to receive packages at camp! (The one exception, of course, is birthday packages.) This includes Amazon, UPS, FedEx, USPS and *even the dropping off of items with friends*. Any camper package received will be returned to the sender. Please share this information with family or friends who may want to reach out to your camper. Please encourage lots of letters instead! To send a birthday package, please contact the Camp Office. If your child requires any hygiene item or has forgotten something, please contact the Camp Office. Capital Camps keeps a stock of basic hygiene items for your camper. We appreciate your help with this new policy.

Food

All food is kosher and prepared in accordance with Jewish dietary laws. Our chefs prepare a variety of nutritious, kid-friendly meals. Many campers have specific dietary needs, and we are happy to make accommodations whenever possible. There are always alternative meals for those with allergies or restrictions. Salad bar, sunflower butter (instead of peanut butter) and jelly, fresh fruit and vegetarian options are consistently available for campers and staff.

If your child has special dietary needs (allergies, vegetarian, etc.) please be sure to complete the section on the Health History Form, located on your [Forms Dashboard](#).

Nut-Prohibited Facility – For the safety of campers and staff, we are a nut-prohibited facility. It is essential that your child **not bring** (and you not send) any products containing nuts. Safety is our highest priority, as we have individuals with significant allergies. All food prepared in our facility is nut-prohibited.

Birthdays at Camp

Birthdays at camp are a special event. We celebrate each birthday during a meal and as a cabin group. If you would like to speak to your child on their birthday, we will be happy to schedule a call with you. Please complete the Summer Birthday Phone Call form (on your [Forms Dashboard](#)) with this information.

Birthday calls take place at the following times:

Sunday – Thursday birthdays: all birthday calls take place around dinnertime, approx. 7 pm

Friday – Saturday birthdays: all birthday calls take place on **Friday** around lunchtime, approx. 1 pm

If your child is celebrating a birthday during camp and you would like to send a gift, please contact the Camp Office for instructions.

Leaving and Returning During Camp

One of the ways we facilitate the positive impact of camp is by creating a ‘camp bubble’, the opportunity for campers to be fully present and engaged in our camp community. At the same time, we recognize that there can be both unexpected *and* anticipated reasons why a camper may need to leave and return to camp in the middle of a session (e.g. a family simcha or life cycle event, camper illness or injury, sports tryout, etc.). Campers can leave and return **once** during the session. If a camper needs to attend a multiple day sports tryout, they should leave before the first tryout and return when tryouts are concluded.

Campers can be picked up and dropped off Sunday through Thursday at 10:30 am or 8:00 pm and Fridays at 10:30 am. There are no pick-ups or drop-offs during Shabbat. If your camper needs to leave and return to camp, please contact the Camp Office for further instructions.

Sample Packing List

We suggest that each camper bring the items listed below. Clothing is washed by camp’s internal laundry service once each week. The packing list is based on a 3 or 4-week session. Parents of Yalla campers – please see the Yall specific Packing List on your [CampInTouch Forms Dashboard](#). For the most up-to-date packing list, see the list on your [CampInTouch Forms Dashboard](#).

Summer 2025 Packing List

☒ Clothing

- ☐ 1 medium/lightweight jacket/fleece
- ☐ 1 raincoat/poncho
- ☐ 2 sweatshirts (1 heavy/fleece)
- ☐ 4 long-sleeved shirts
- ☐ 14 t-shirts (2 per day)
- ☐ Maccabiah (color war) Gear: 2 green, 2 blue, 2 red, & 2 yellow: t-shirts, headbands, hats, socks, necklaces, bandanas, etc. in above colors
- ☐ 1 white t-shirt for tie-dying
- ☐ 16 pairs of underwear
- ☐ 14 pairs of socks
- ☐ 3 pairs of long pants
- ☐ 8 pairs of shorts
- ☐ 2 lightweight pajamas
- ☐ 1 heavyweight pajamas/sweats
- ☐ 3 bathing suits
- ☐ 2 hats/bandanas
- ☐ 2 pair sneakers **Mandatory**
- ☐ 1 pair shower shoes
- ☐ 1 nicer outfit (dress, etc.) for dance/banquet
- ☐ 1 pair old shoes for messy activities & mud course
- ☐ 1 outfit for messy activities & mud course

☒ Optional

- ☐ Small Posters/pictures/cards/games
- ☐ Baseball glove/tennis racket/lacrosse stick
- ☐ Musical instrument
- ☐ Swim goggles/ear plugs
- ☐ Flip flops/sandals/Crocs for Shabbat, cabin, pool
- ☐ Books, Journal
- ☐ Digital Camera
- ☐ Battery-operated fan with extra batteries
- ☐ Croakies/eyewear retaining cord
- ☐ Screen-free music player (please refer to the Family Guide for more details on the screen-free policy)
- ☐ Hammock/Chair (*Kaufmann, Macks, LIT, CIT Only*)
- ☐ Fun/dress-up costume for themed activities
- ☐ July 4th gear (if your session overlaps)
- ☐ Favorite Team Jersey

☒ Linens & Toiletries

- ☐ Sleeping bag
- ☐ Pillow
- ☐ Blanket
- ☐ 2 sets of twin sheets with pillowcases
- ☐ 3 beach towels
- ☐ 2 bath towels
- ☐ 2 hand towels
- ☐ Tissues
- ☐ Soap (in a container) or body wash
- ☐ Shampoo & conditioner
- ☐ 2 toothbrushes
- ☐ Toothpaste
- ☐ Deodorant
- ☐ Menstrual products
- ☐ Comb/brush
- ☐ Carrying tote for toiletries
- ☐ Flashlight with extra batteries
- ☐ 2 labeled water bottles - **Mandatory**
- ☐ Stationery, envelopes, stamps, & pens
- ☐ Sunscreen
- ☐ Insect repellent
- ☐ Laundry bags (one large general & 2 smaller mesh for socks and underwear. See Notes for recommendations)
- ☐ Backpack/daypack
- ☐ Duffle bag/large back-pack for trip **MACKS & CIT ONLY**
- ☐ **Session 2 campers** weekend bag for last few days of camp.

☒ For Shabbat

- ☐ 2 white shirts/t-shirts
- ☐ 2 dressier shorts/pants
- ☐ 1 white dress/skirt (optional)
- ☐ Kippah (optional)
- ☐ Talit (optional)

Missing an Item?

In the event that your child is missing an essential item (hat, sunglasses, etc.), please contact the Camp Office to receive shipping instructions or to check if we can provide it immediately. If your child requires personal hygiene items, batteries, stamps, etc., we will do our best to provide them and bill you accordingly.

Clothing and Footwear

Modesty and Appropriateness - We promote an emotionally safe environment and encourage campers to dress appropriately. This also means avoiding clothing/swimwear that is too revealing or displays slogans promoting drugs, inappropriate behavior, or demeans a specific group/religion. If we deem clothing/swimwear unacceptable, the camper will be asked to change their clothes.

Footwear – Footwear worn *outside* the cabin must be closed-toed, except during Shabbat. During Shabbat, sandals and flip-flops are permitted. Sandals and flip-flops may be worn in the cabin and at the pool.

Eye Care/Eyeglasses/Contact Lenses

We suggest that campers bring an extra pair of glasses and/or prescription, as well as an extra case to store their glasses/contacts. We will contact parents if new glasses are needed.

Luggage Allowance, Luggage Tags, Cubbies/Plastic Shelves

We supply two color-coded luggage tags per camper. The tags represent a specific village at camp and are labeled with each camper's name and village. Please remove any old luggage tags. **As space in the cabin is limited, each camper is permitted to bring two soft-sided duffel bags, a sleeping bag and a carry-on backpack. Plastic shelving units or drawers are not permitted. In addition, hard-sided trunks are not permitted.**

Sleeping Bags

All campers (except Yalla) will participate in an overnight experience out of the cabin, so please send a sleeping bag clearly marked with your child's name. The last night of each session, after packing all belongings, campers will use a sleeping bag on their beds. **As a rule**, sleeping bags will not be used as a substitute for blankets, so please make sure both are sent to camp.

Laundry

Camps fees included laundry. Campers must bring their own laundry bags. Please do not send delicate or precious items, as we utilize an industrial washing system. Camp is not responsible for shrinkage, discoloration or items lost during the laundry process. Campers should bring two sets of bedding (twin size), so they can be changed weekly.

Labeling and Lost & Found

Labeling – All clothing and personal items must be clearly labeled with your child's full name. Unlabeled items are less likely to return home. Campers must assume responsibility for the proper care of personal belongings. We maintain a Lost & Found and make every effort to return labeled items left behind. While not required, several families have found using iron-on or stick-on labels to be helpful. Some companies that camp families use include: [Mabel's Labels](#), [Oliver's Labels](#), [Name Bubbles](#), and [Label Daddy](#).

Lost & Found – We make every attempt to return Lost & Found items throughout the session. At the end of camp, we collect all labeled lost items and we will contact you if we find anything that is labeled and belongs to your child. We will donate any items without names or that are not picked up. Underwear/socks are disposed of and are not included in this process.

No-Screens Technology Policy

The intent of this policy is to:

- Allow campers to fully embrace the connections they make with other campers and promote socialization between campers
- Provide campers a much-needed break from the world of technology and stress of social media
- Reduce the stress associated with the damage or theft of electronics
- Ensure that our campers are not exposed to inappropriate material
- Remove the divide between “the haves and the have-nots” in each cabin

Prohibited Electronics:

- **Portable Game Devices** – includes iTouch, Gameboys, PSPs, Nintendo DS, etc.
- **Tablets, Netbooks, and Laptops** – includes iPads, Kindles, Nooks, Netbooks, portable DVD players
- **Cell Phones** – the use or possession of cell phones and/or Apple Watches at camp is strictly prohibited

Anything that can connect to the internet is prohibited. This includes all cell phones and other music and video players, tables, e-readers, iPods with screens, portable game devices, Apple Watches and walkie-talkies. Please leave all these electronics at home. These devices have a way of getting lost/broken at camp. On average, American adolescents spend several hours each day using electronic devices, and the proliferation of built-in wireless technology has made it increasingly difficult for Capital Camps to find a grey line permitting some electronics and not others. Camp is one of the few places where kids can truly unplug, and we have made this decision to both honor and recognize this space. We do make exceptions for campers with disabilities. If you feel your camper needs accommodation to this policy, please contact the Camp Director.

Permitted Electronics:

The only permitted electronics are screen-free music players (e.g. iPod shuffles) and digital cameras. Campers with disabilities may receive an exception to our ‘no screens’ policy. If technology is a regularly used accommodation at home or listed on a school educational plan, we are happy to allow this.

- **Screen-Free Music Players** – approved screen-free music devices are: the iPod Shuffle, Sony Walkman, HiFi Walker mp3 player, Iriver MP3, Agptek mp3 player and the Sewobye mp3 player. These devices stay in the bunk/tent/yurt and can be used during rest hour or before going to sleep. **Camp is not responsible for loss, theft, or damage to any personal items.**
- **Digital Cameras** – Our staff photographers capture thousands of images each summer for our website and digital albums, and we encourage your child to bring a camera to capture their own memories (be sure to pack enough memory cards and batteries!). We encourage you to take an

active role in your child's life online and help them to make good decisions about what photos are/aren't appropriate to post on Facebook, Instagram, Snapchat, and other social media sites. Photos may not be taken inside the bunk or in private living area. Parents and campers together are responsible for the age-appropriateness of content on portable devices. If camp deems content on a device to be inappropriate, the device will be confiscated and returned at the end of the session. **Camp is not responsible for loss, theft, or damage to any personal items.**

B'Mitzvah Review

If your child is preparing for their Bar/Bat/B'nai Mitzvah, we can assist with their review during the summer. Please complete the B'Mitzvah Review Form, located on your [CampInTouch Forms Dashboard](#). Please note that we *only review material already learned* and do not teach new material. Campers who are participating in the B'Mitzvah Review MAY bring a music player/phone with a screen in order to listen to recordings while practicing. The music player/phone needs to be turned in to Capital Camps staff on the first day of camp. The device will be stored in our safe, brought out for the review session, and then returned to the safe. Devices will be returned to parents at the end of the session.

Refunds

Please see our [website](#) for complete details regarding refunds. Camp must be notified in writing for enrollment cancellation and session changes with the following understanding: **Prior to October 13, 2024:** The application fee and all tuition payments are refundable for cancellations. Session changes will be processed at no charge. **Between October 14, 2024 and January 24, 2025:** Payments in excess of the application fee are refundable for cancellations. Session changes will be processed at no charge. **Between January 24, 2025 and March 1, 2025:** In addition to the forfeiture of the application fee, a \$500 cancellation fee (\$350 for Yalla) to cover programmatic and administrative costs incurred by Capital Camps will be assessed. A \$200 process fee will be charged for all session changes made. Additional non-refundable costs expended for trip reservations may be passed on to the family. **After March 1, 2025:** No refunds will be made. A \$500 processing fee will be charged for all session changes made. **There are no refunds or prorated adjustments if a camper leaves camp early for any reason.**

Security/Emergency Contingencies

Capital Camps has never been the target of any specific threat or action. The safety and security of our entire community is paramount. While we do not disclose all of our security measures, in a typical year please note the following:

- Only visitors with advanced, written authorization, are permitted to enter camp.
- All Camp visitors must report to the Welcome Center
- Visitors must present a photo ID to confirm identity
- If authorized to enter camp, visitors will be issued a Visitor Pass that must be displayed at all times
- All visitors must obey the requests of security and administrative personnel
- Parents picking up their camper during the session will wait at the Welcome Center and not enter Camp

Security – Our camp is staffed by security personnel 24 hours/day, 7 days/week.

Emergency Contingencies – In the unlikely event of a local/national crisis, we will implement a series of protocols to secure the safety of our participants. These protocols have been developed in consultation with leading experts in the camping field and the local Jewish community. Protocols include, but are not limited to, engagement with local, state, and/or federal law enforcement and/or paramedics. To ensure that we successfully protect the safety and security of our entire community, please note the following guidelines:

- Parents should not come to camp and remove their children. In the event of an emergency, we will notify parents appropriately via postings to our website and through email/text messages. The mass arrival of parents may cause unnecessary panic.
- Parents should not call camp as this will tie up our available phone lines. We will contact you as soon as possible (we utilize both text alert and email services).
- In addition to our protocols, we are proud to employ several mental health specialists and to partner with the Jewish Social Service Agency (JSSA) and other organizations to provide extra resources if necessary.

Staff Appreciation

Our counselors are the people who make camp special and create the memories and experiences that make each summer unique. At the end of your child's session, you'll receive links to donate to **Capital Camps' Staff Appreciation Campaign**. Your giving will help provide them with the training and the fun, exciting staff programs that prepare and energize our counselors to excel.

While the entire camp team works hard to ensure everyone's safety and well-being, counselors and village staff carry a high degree of responsibility for group dynamics, nightly programming, and campers' overall feeling of happiness at camp.

After your child returns home and shares their love of camp with you, [go to our website](#) to share it back. Through our donation portal, you can also send your child's counselors personalized messages thanking them for their incredible work and dedication.

We appreciate the support from parents of every village, including from families who received financial assistance to make camp affordable. Thank you to our entire parent community for supporting our development efforts. If you have questions or ideas regarding other giving opportunities, please contact Naomi Malka, Development Director, at NaomiM@campandretreat.org or 240-283-6165.