



capital  
camps



# Summer 2026 Family Guide

301-468-2267 • [info@capitalcamps.org](mailto:info@capitalcamps.org)  
[www.capitalcamps.org](http://www.capitalcamps.org)

[View Additional  
Info/Terms &  
Conditions](#)

[View the  
packing list](#)

Winter Office (until June 4th)  
6101 Executive Blvd., Suite 230  
Rockville, MD 20852

Summer Office (June 8th – August 12th)  
12750 Buchanan Trail East  
Waynesboro, PA 17268

We are deeply grateful to our community partners for their ongoing commitment to ensuring that every Jewish child has the opportunity to experience the joy and impact of Jewish summer camp. Their collaboration helps make it possible to create safe, meaningful, and fun Jewish experiences where children can build friendships, grow in confidence, and connect to Jewish life in lasting ways. Together, we are opening the doors of camp to more families and strengthening the future of our Jewish community.



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# Who We Are

## Our 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.

## Summer Leadership



**Havi Goldscher**  
Chief Executive Officer



**Ilana Kornblatt**  
Associate Camp Director



**Ezra Suldan**  
Family & Community  
Engagement Manager



**Penny Hartzman**  
Registrar & Office  
Manager



**David Brunner**  
Chief Operating Officer



**Sam Belkowitz**  
Programs Manager



To get in touch with a member of our team this summer, please contact the office at [info@capitalcamps.org](mailto:info@capitalcamps.org) – our office staff will connect you with the right person.

# Our Villages

Each village (age group) is intentionally designed to fit the developmental needs of our campers as they progress through camp with new campers joining at each step along the journey:

## Yalla (2nd – 4th grade)

Exclusively for first-time campers, Yalla offers 1- or 2- week sessions with smaller cabin sizes, a higher staff ratio, and a schedule that offers an action-packed taste of a Capital Camps summer.

## Benjamin (3rd – 5th grade)

Campers build strong bonds with their cabinmates by moving through daily activities together, with lots of time playing Gaga in between.



## Reich (6th – 7th grade)

With more opportunities to choose their activities and make friends outside of their cabin, Reich campers always bring the ruach (spirit).

## Kaufmann (8th – 9th grade)

Campers make the most of every moment – from their off-camp overnight adventure trip, to the free time spent bonding with friends in the village.

## Macks (10th grade)

Living in platform tents, Macks campers eagerly take on leadership opportunities, including serving as buddies to our Benjamin campers and planning the camp-wide carnival.

## LIT (11th grade)

In a 5-week program that includes time in Israel & back at camp, our leaders-in-training learn about leadership skills and the behind-the-scenes of camp.

## CIT (12th grade)

Our counselors-in-training experience what it takes to be an incredible staff member at camp by working in cabins and specialty areas.

# Communication

## Campanion

Capital Camps uses the Campanion app to streamline forms, photos and summer updates into one place. The app will allow you 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 CamplnTouch login and password
- Upload a reference photo of your camper(s)

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 CamplnTouch dashboard
- Scroll down to Online Community: Guest Accounts
- Enter the Guest Name and email address



Scan here to download  
the Campanion app!



## Email

All emails received by 9:00 AM will be printed out and given to your camper on the same day, except on Shabbat. Emails are only accepted via the Campanion app and for your guests (grandparents, friends, etc.) through their CamplnTouch Guest Account.

Please note that campers do not send emails out of camp. Instead, they'll write letters to family & friends back home!

## Mail

Our campers love getting mail and email from family and friends! Mail is distributed every day except Shabbat. Please note that the local U.S. mail service experiences a significant increase in volume during the summer, so receipt and delivery may take longer than normal.

Please address all mail as follows:

Camper Name

Capital Camps

Village Name, Cabin Name

12750 Buchanan Trail East

Waynesboro, PA 17268

**Note: your camper's cabin name will be emailed to you at the start of the session**

## Packages

For safety and security reasons, we do not allow campers to receive packages at camp. (The one exception, of course, is birthday packages. Birthday packages may not include any food items.) 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. 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.



Any camper package received will be returned to the sender.

## Camp Office

We are here to help, so please do not hesitate to contact us if you have any questions or concerns. We 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](mailto: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 receive telephone calls while at camp, except for their birthday call.



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## End of Summer Feedback

At the end of the session, you'll receive a link to our survey, which you should complete together with your camper. **Families' responses to this survey help us improve camp each year, and we greatly appreciate you taking the time to complete it thoughtfully.** Keep an eye out for a special promotion for families who complete this survey!



# Food

At camp, we work closely with our food service provider to make sure all of our food is healthy and delicious! At each meal, your camper will find lots of great options to fill their plate – even if they have dietary restrictions.

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

## What You'll See in the Dining Hall

Our dining hall experience is designed to be both inclusive and nourishing, beginning each meal with Hamotzi and concluding with Birkat HaMazon. Campers arrive in waves to enjoy a robust buffet featuring the meal's main entree alongside a wide variety of options, including pasta, salad bars, sandwich stations, and a soup of the day – all with the freedom to return for additional servings. In addition to adhering to Kosher guidelines (Star-K certified), we prioritize camper safety through our dedicated special diets chef, who prepares individualized meals ranging from gluten-free and dairy-free to specific allergen-free requirements.



### A NOTE ON NUTS

Capital Camps and our food service team take careful precautions intended to prevent foods containing peanuts or tree nuts, or labeled 'may contain' peanuts or tree nuts, from being served in our kitchen. Sometimes a product labeled 'manufactured in a facility that processes peanuts or tree nuts' may be served, and when that happens campers are clearly notified and an alternative is always available.

## Sample menu

	Breakfast	Lunch	Dinner
Wednesday	French Toast	<i>Music Lunch!</i> Grilled Cheese & Tomato Soup	Beef Tacos, Tortilla Chips & Salsa
Thursday	Eggs & Hash Browns	Falafel & Pita, Israeli Salad	<i>Cookout!</i> Grilled Chicken & Hot Dogs
Friday	Waffles	Cheese Quesadillas, Guacamole & Sour Cream	<i>Shabbat Dinner!</i> Chicken Soup, Challah, Brisket
Saturday	Bagels & Cream Cheese, Rugelach	Chicken Wraps, Pasta Salad	Cheese Ravioli

*Fruit, yogurt, and cereal available at every breakfast; pasta & salad bar available at every lunch & dinner.*

# Health & Wellness

Your camper's health & wellbeing is our highest priority. Our team includes nurses, doctors, and a dedicated group of *Yoetzot* — camper care specialists who are licensed social workers, therapists, counselors, and teachers focused on the social, emotional, and mental health of every camper.

## Health Forms & Vaccinations

All campers must be current on required vaccinations including DTaP/Tdap, Hepatitis A & B, Varicella, and MCV4. Medical forms are required by Pennsylvania law and the American Camp Association and must be completed annually — forms are due by May 1, 2026 and can be found on your CampInTouch Forms Dashboard. Vaccination records must be included on your Health History Form. Without completed and reviewed forms, your camper cannot enter camp.

## Arriving at Camp

We want every camper to arrive healthy and ready to jump in. Every camper participates in a health & lice screening upon arrival. If your child is feeling unwell or recovering from a communicable illness, please call us before heading to camp.

## Medications

All prescription & over-the-counter medications are dispensed through our third-party pharmacy, Pack My Rx. Please register at [packmyrx.com](http://packmyrx.com) as soon as possible. Epi-Pens & inhalers are the only exceptions — these stay with your camper but must be listed on all health forms. See our Additional Info document for full medication policy details.

## We'll Keep You Informed

Your peace of mind matters to us. We'll always contact you for anything significant — if lice are detected, overnight Health Center stays, new prescriptions, fevers lasting more than 24 hours, concussion symptoms, or outside medical care. For minor bumps & scrapes, you can trust we're taking great care of your camper.

## Mental & Emotional Health

Our Yoetzot team supports campers' social and emotional wellbeing throughout the summer. If your child is navigating a mental health challenge, please share that with us before camp — this information is kept in strict confidence and helps us provide the best possible experience. Please reach out to our team with any questions.

## Our Screen-Free Policy

This policy is in place to help campers fully embrace the connections they make with other campers by providing a much-needed break from the world of technology and the stress of social media.

### Prohibited Electronics:

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

Any device that can connect to the internet is prohibited. Please leave these electronics at home. 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. If you feel your camper needs an exception to this policy, please contact our team ahead of the start of camp.

# Capital Camps Dictionary

## B'yachad

How we start each day at camp! B'yachad means "together" in Hebrew. At this all-camp assembly, we'll raise the flags, say the Pledge of Allegiance & Hatikvah, give a morning sports report, and start the day off with lots of energy.

## Nikayon

Cabin cleanup time! Each camper will clean their personal area, and will also have a responsibility that changes every day, like sweeping the floor or returning items from the clothesline.

## Menucha

A rest period after lunch. Time to relax, read your mail, play a card game, and recharge before a busy afternoon. Campers can pack quiet games & activities to be used at this time in the cabin.

## Chatif

Afternoon snack. Some classic favorites include popsicles, pretzels, and a special treat on Shabbat!



## Cabin Time

How you'll end every night at camp! Counselors plan awesome games & special reflection activities to close out the night before bedtime.

## Hashkivenu

The song we sing at the end of every day at camp. Usually, everyone stands in one big circle while singing it. You'll learn the words pretty quickly!

## Music Lunch

Every Wednesday, we serve grilled cheese & tomato soup for lunch. To make it extra special, we play our favorite songs on the speakers in the dining hall! You'll see lots of people singing & dancing after they finish eating their lunch.

## SING

A competition where each village writes & performs a few songs about what makes their village the best at camp.

## Maccapeel

One of the best parts of Maccabiah, our camp's version of color war! During the Maccapeel, each team competes in a relay race across the entire camp where the "baton" is a banana. It ends with a rope burn down at the lake.

## Mirpa'ah

The health center, where our nurses & doctors work! Whether you've got a bump, bee sting, or you're just not feeling great, our team is here to help you out!

# Staff Appreciation

Our counselors are the people who bring the magic to camp and make each summer unique. By scanning the QR code on this page, you'll be able to donate to Capital Camps' Staff Appreciation Campaign and send counselors personalized messages thanking them for their incredible work & dedication. Your giving will help provide our staff and counselors with training and skill development, as well as the fun, exciting staff programs that prepare & energize our counselors to excel. If you have questions or ideas regarding other giving opportunities, please contact Maya Kroitoru, our Director of Campaign Strategy & Philanthropy, at [mayak@campandretreat.org](mailto:mayak@campandretreat.org).

