



the

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Camp Linwood MacDonald

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BE INSPIRED BY NATURE

Camp Linwood MacDonald

Our Mission

“We believe that summer camp is the most effective catalyst for child development in our world today.”

At Camp Linwood MacDonald, we exist to ensure that every camper, regardless of background, has the opportunity to experience joy, belonging, and personal growth in a place where they are truly seen and supported.

Our Group Program

Our group rentals offer more than just a place to stay; they provide a welcoming space where meaningful experiences unfold. Surrounded by natural beauty and designed for comfort, our facilities are ideal for retreats, weddings, special occasions, youth programs, team-building events, and community gatherings. Guests enjoy access to spacious accommodations, outdoor activity areas, and flexible meeting spaces that encourage connection, growth, and fun. Whether you're planning a single-day adventure or an overnight retreat, our setting creates the perfect balance of relaxation, discovery, and shared memories that last long after your visit ends.

Role	Name	Contact
Executive Director	Cherie Hammond	chammond@newarkymca.org
Program Director	Evan Burkhart	eburkhart@newarkymca.org
Facilities Coordinator	Joel Keough	jkeough@newarkymca.org

Camp Linwood MacDonald

Book Your Group

Book a Trip

Contact the camp office or fill out an interest form on the camp website: camplinwoodmacdonald.org

Book a Tour

Come see our beautiful 200+ acre New Jersey campus for yourself, or take a virtual tour through our photo gallery at camplinwoodmacdonald.org

Book an Information Session

Camp Linwood MacDonald offers optional information sessions for new groups or participants. These consultations can be held virtually, via phone, or on-site combined with a camp tour.

- **Trip Planners Session**

- This is a step-by-step trip planning session for group facilitators that will answer any questions about booking, schedules, programs, and facilities.

- **Parent Information Session**

- This Q&A session to familiarize uneasy or new parents with the facilities, programs, safety procedures, and staff at Camp Linwood MacDonald.

- **Chaperone Information Session**

- This Q&A session will inform chaperones of their responsibilities while at camp as well as familiarize them with facilities, programs, and schedules.

Contact Us

Camp Linwood MacDonald YMCA

1 Flatbrook Rd
Sandyston, NJ 07826

Phone: [\(973\) 948-7090](tel:(973)948-7090)

Website: camplinwoodmacdonald.org

Email: linwoodmacdonald@newarkymca.org

Office Hours:

- Mon-Fri, 9:00AM-5:00PM

*Hours may vary based on season

**SIGN UP
TODAY** 

Camp Linwood MacDonald

Trip Planning

Planning & Booking Decisions

Before your trip, your group will need to make a few key decisions to ensure a smooth visit:

Pick a Date

- Group rentals are available 12 months out of the year.
- Some activities and facilities may be restricted due to the season.
- Select dates operate on a first-come, first-served basis, so book today!

Arrival & Departure

- Decide your arrival and departure times.
 - These affect meals, activities, and packing and cleaning time.

Group Numbers

- Groups must have a minimum of 25 participants and a maximum of 144 participants for overnight stays.
 - Provide your final participant count and update us if it changes.
 - These numbers are used for staffing, lodging, meals, and activity planning.

Lodging

- Overnight groups should indicate their preferences between:
 - Percy Smith Lodge (96 beds)
 - Rooke Lodge (48 beds)
- Camp staff will assign your group based on preference, group size, and availability.
- Optional: Create a cabin room assignment once your lodge is confirmed.
- See pg. 6 for facilities information.

Meals & Tables

- Determine the number of meals needed based on arrival and departure times. This will affect pricing.
- Standard meal times:
 - Breakfast – 8:00 AM
 - Lunch – 12:30 PM
 - Dinner – 5:30 PM
- Submit allergy information at least two weeks prior to arrival.
- See pg. 7 for meal information.

Activities

- Choose activities with guidance from the Camp Program Director.
- Group size and activity complexity affect how many activity stations can run.
- See pg. 5 for the activity list.

Camp Linwood MacDonald

Camp Activities

High Ropes:

- **Climbing Tower** - Double-sided rock climbing wall with 2 levels of challenge.
- **Flying Squirrel** - Team operated element that hoists participant 30+ ft up.
- **Leap of Faith** - Climb, leap, and fall from a 30+ ft high platform.
- **Giant's Ladder** - 2 person vertical traversal 30+ ft up.
- **Pirate's Crossing** - 2 person horizontal traversal 30+ ft in the air.
- **Challenge Course** - Multi-element low ropes designed to teach teambuilding.
- **Zipline** - 700ft traversal over our camp lake! (May have additional costs.)

Aquatics:

- **Lake Swim** - Swim in our spring-fed lake!
- **Canoeing** - 2-3 passenger modern canoes.
- **Kayaking** - 1 passenger Kayaks, choose between sit-in and sit-on designs.
- **Stand-up Paddleboard** - 1 passenger modern long Stand-up Paddleboard.

Nature:

- **Lake Fishing** - Catch and release using push button or spin-caster reels.
- **Trail Hikes** - Choose between 3, one-mile, on-property, fully canopied trails.
- **Pond Ecology** - Discover life up close and hands on in our life cycle pond.
- **Nature Studies** - Explore our multiple educational nature activities.

Target Sports:

- **Compound Archery** - Target shoot with genesis bows.
- **Recurve Archery** - Target shoot with recurve bows.
- **Hatchet Throwing** (age 11+) - Target throw using modern Hatchets.
- **Archery Golf** - Target shoot using blunted arrows on open field.

Sports:

- **Soccer** - Full sized soccer goals.
- **Basketball** - Full sized basketball court.
- **Volleyball** - 2 Grass Volleyball courts.
- **Gaga Ball** - A classic camp game that plays like dodgeball and handball.
- **9 Square** - A new camp game that plays like volleyball mixed with 4 square.
- **Field Games** - Many classic and new games: kickball, capture the flag, etc.

Arts & Crafts:

- **Tie-Dye** - Dye T-shirts or bandanas in this multi-color classic.
- **Bracelet Making** - Use beads and color strings to make friendship bracelets.
- **Nature Art** - Incorporate nature in your art projects

Don't see something your group wants to do?
Contact us, we may be able to accommodate.

Camp Linwood MacDonald

Cabins

Both cabins have electricity, plumbing, heating, air conditioning, and potable (drinkable) water.

Rooke Lodge

- 48 beds total, divided between two wings
- Each wing contains two rooms, with 12 beds per room
- One central lounge
- One open loft
- Two bathrooms, each with three showers and three toilets

Percy Smith Lodge

- 96 beds total, divided among 12 rooms, with eight beds per room
- Two central lounges
- Four bathrooms, each with four showers and two to three toilets



**Rooke Lodge
Lounge**



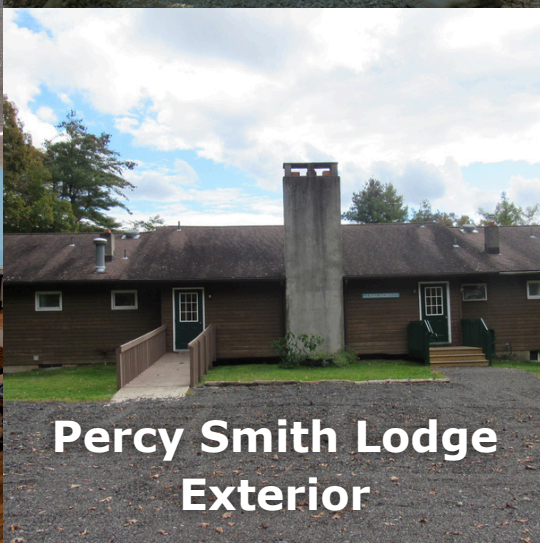
**Rooke Lodge
Exterior**



**Rooke Lodge
Bedroom**



**Percy Smith Lodge
Lounge**



**Percy Smith Lodge
Exterior**



**Percy Smith Lodge
Bedroom**

Camp Linwood MacDonald

Other Facilities

Dining Hall

- Holds up to 200 people
- Two bathrooms
- Certified kitchen. To meet food handling standards, groups are not permitted to cook in this kitchen

Art Center

- Large open indoor creative space with foldable tables
- Two bathrooms, each with two to three toilets

Pavilion & Field

- Large open pavilion with 10 picnic-style tables
- Open field with soccer goals, a volleyball net, 9 Square, and a Gaga Ball pit

Amphitheater

- Rustic bench-seating theater with a small platform and lighting

Nature Center

- Small meeting room with a central table and chairs



Dining Hall
Exterior



Dining Hall
Interior



Art Center



Pavilion



Amphitheater



Nature Center

Linwood Camp MacDonald

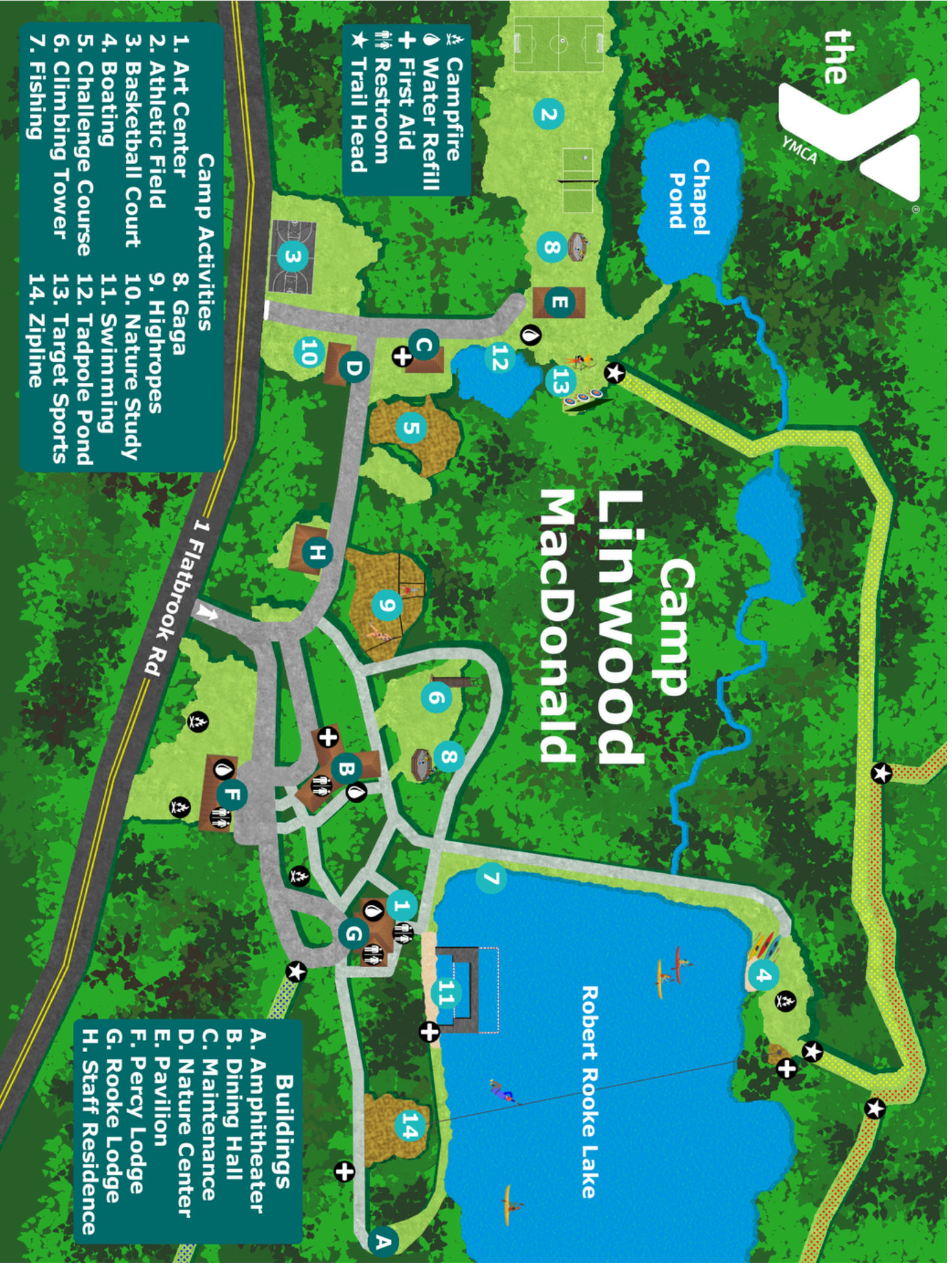
Robert Rooke Lake

Chapel Pond

- Camp Activities**
1. Art Center
 2. Athletic Field
 3. Basketball Court
 4. Boating
 5. Challenge Course
 6. Climbing Tower
 7. Fishing
 8. Gaga
 9. Highropes
 10. Nature Study
 11. Swimming
 12. Tadpole Pond
 13. Target Sports
 14. Zipline

- Buildings**
- A. Amphitheater
 - B. Dining Hall
 - C. Maintenance
 - D. Nature Center
 - E. Pavilion
 - F. Percy Lodge
 - G. Rooke Lodge
 - H. Staff Residence

- Campfire**
 ♫ Water Refill
 + First Aid
 🚻 Restroom
 ★ Trail Head



Camp Linwood MacDonald

Meal Information

Family-Style Dining

At Camp Linwood, we believe that sharing meals is an important part of building community. All meals are served family-style to encourage conversation, cooperation, and positive table manners.

Our dining hall can comfortably seat up to 200 people at one time, with each table seating up to eight individuals. If a table includes campers under the age of 18, at least one supervising adult must be seated at that table for the duration of the meal to help guide conversation, assist with serving, and ensure a positive experience.

Meal Schedule

Standard meal service times are:

- Breakfast: 8:00 AM – 9:00 AM
- Lunch: 12:30 PM – 1:30 PM
- Dinner: 5:30 PM – 6:30 PM

Alternate meal times may be requested during the booking process to accommodate your group's schedule. Please note that adjusted meal times may result in additional staffing or operational charges.

To ensure smooth service:

- Groups should arrive within their scheduled window
- Please notify staff in advance if your group will be late
- Encourage campers to take only what they will eat and return for seconds if still hungry

Optional Table Assignments

To help keep mealtimes organized and reduce confusion, groups may complete a Table Assignments Form in advance.

Assigning seats can:

- Help younger campers feel more comfortable
- Ensure each table has appropriate adult supervision
- Support group bonding and inclusion
- Streamline entry and seating during busy meal periods

Groups that prefer a more flexible approach may choose open seating, as long as supervision guidelines are followed.

Camp Linwood MacDonald

Allergies & Dietary Needs

Camp Linwood welcomes everyone, and we strive to accommodate as many dietary needs and food allergies as possible. Our kitchen team works hard to provide safe, inclusive meal options for all campers and staff.

To help us prepare:

- Submit all allergy and dietary restrictions at least 2–3 weeks before arrival. Using the Allergy & Diet Form.
- Clearly identify severe allergies (dairy, gluten, etc.).
- Note any dietary preferences such as vegetarian, vegan, or non-pork meals.

Our team can:

- Provide alternative meal options when needed
- Label common allergens when possible

Providing us with advance notice of any special needs greatly improves our ability to properly prepare for and accommodate campers with specific requirements.

We can accommodate:

- Common food Allergies
- Non-Pork
- Vegan
- Vegetarian

Unfortunately our kitchen is not designed for:

- Kosher
- Halal

Although we are a Nut free facility and we take care to prevent cross-contact, our kitchen is not an allergen-free facility. Campers with severe allergies should bring any necessary medications (EpiPens, etc.), and supervising adults should be aware of emergency protocols.

To meet food handling standards, groups are not permitted to cook out of this kitchen.

Camp Linwood MacDonald

Overnight Packing List

Clothing

- Shirts
- Shorts
- Sweatshirts
- Long pants
- Socks
- Underwear
- Swimsuit
- Jacket
- Hat
- Sneakers
- Shower sandals

Bedding

- Pillow & pillowcase
- Twin-size fitted sheet & top sheet OR sleeping bag

Bathroom

- Towels
- Washcloths
- Body wash
- Shampoo
- Deodorant
- Toothbrush & toothpaste
- Other personal toiletries (facecleaner, hair ties, contact solution, etc.)

Miscellaneous

- Refillable water bottle
- Sunscreen
- Bug repellent
- Flashlight
- Prescription medication

Optional

- Disposable camera

Pro Parent Tip

Labeling your camper's belongings with their last name helps make sure they don't leave anything behind!

Not Permitted at Camp

- Gum & unapproved food items
- Fireworks
- Guns, knives, weapons
- Pets
- Non-prescription drugs
- Alcoholic beverages
- Tobacco products
- Vaping products

Any items in violation of the above standards may be grounds for dismissal of an individual or group.

We encourage all groups and participants to put away their technology and focus on each other while at camp.



Lost & Found

Found items will be kept on property for 2 weeks before being donated to local shelters or charities. Contact the camp office for missing items.

Camp Linwood MacDonald

RULES & GUIDELINES

Welcome to Camp Linwood Macdonald!

Adventure and community await. Our directors and staff are here to help your friends, family, and group have a fun, safe, and meaningful experience. Please review these rules and safety tips so everyone can enjoy camp to the fullest.

Camp Rules

- **Stay Together & Stay Supervised**
 - Campers are never alone, and staff members are never alone with a single camper. All campers under 18 must remain supervised at all times. When traveling or participating in activities, campers should be in groups of at least two with an adult present.
- **Respect Nature**
 - Enjoy the outdoors by helping preserve it. Observe animals from a distance and leave plants where they grow so others can enjoy them too. Always clean up after yourself to keep camp clean and green.
- **Follow Activity Instructions**
 - For your safety, do not participate in any activity without staff permission and instruction. Listen carefully and follow all directions. Failure to follow instructions may result in being unable to participate.
- **Follow the Core 4 Values**
 - Be Caring, Honest, Respectful, and Responsible with fellow campers and staff. If your actions cause a problem for someone else, it is your responsibility to help make it right without creating new issues.

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Health & Safety Tips

Clothing

The outdoors can be tough on clothes, so bring comfortable, weather-appropriate items you don't mind getting dirty. Closed-toed shoes (such as sneakers) are required for all activities and outdoor movement.

Animals

Camp is home to wildlife as well as people. Enjoy animals from a distance—wild animals can become unpredictable if approached or cornered. Help keep them away from living areas by properly disposing of trash and cleaning up food.

Plants

Do not touch or eat unfamiliar plants. Poison ivy is common in wooded areas during the summer—learn to recognize it and avoid contact. Stay on trails and avoid tall grass when possible.

Ticks & Bug Bites

Ticks and insect bites can happen outdoors. Check your body and hair once a day. If you find a tick, stay calm and report it to your group leader or a health staff member before trying to remove it. Monitor the bite area and seek medical attention if needed.

Cuts & Scrapes

Report all injuries to a group leader or the nurse, even minor ones. Do not move someone who may have a serious injury. Notify camp staff immediately for help. First-aid kits are available in most major buildings.

Personal Hygiene

Enjoy the fresh outdoor feeling, but remember to stay clean and healthy. Wash your hands before meals and shower daily to help prevent illness and keep cabins comfortable for everyone.

Campfires

Fires are hot and must be treated with care. Build fires only in designated rings and never leave them unattended. Do not remove burning logs or sticks, and always keep a safe distance.

Technology

Camp is not responsible for lost or damaged electronics. We encourage guests to disconnect from phones, social media, and devices while at camp. For student campers, leaving technology at home is required so you can fully enjoy the experience.

Medication

For youth groups, all medications must be stored securely under the supervision of a responsible adult in a locked container.



Camp Linwood MacDonald
YMCA of Newark & Vicinity
1 Flatbrook Road
Sandyston, NJ 07826

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BY NATURE**

**SIGN UP
TODAY**



camplinwoodmacdonald.org
linwoodmacdonald@newarkymca.org
(973) 948-7090



**SUMMER
2026**