

BMF Brecon Beacons



BMF and Secret Compass, the leaders in military fitness and experts in extreme expeditions, have joined forces to bring you the very first, one day adventure challenge, in the Brecon Beacons.

The Secret Compass Leaders operate in some of the world's most hostile and extreme environments, where being "Gym Fit" just isn't enough. They require a level of functional fitness that is second to none, bomb proof & pressure tested in extremes, underpinned with mental resilience and a will to succeed.

Key Facts

- Climb Pen Y Fan via the infantry battle schools seniors fan dance route.
- Try packrafting, the new adventurer mode of transport!
- Meet like-minded adventurous types
- Experience adventure training
- Learn from the Military and Expedition Industry Experts
- Abseil a waterfall

The Aim

BMF and Secret Compass, the leaders in military fitness and experts in extreme expeditions, have joined forces to bring you a one day Adventure Challenge, in the Brecon Beacons.

When operating in the world's toughest and extreme environments, where being "Gym Fit" or "Cosmetically Fit"

just isn't enough. The Secret Compass Guides lead expeditions into erupting volcanoes or deep into cartel held jungles, and require a level of functional fitness that is second to none, bomb proof & pressure tested in extremes, underpinned with mental resilience and a will to succeed. Whatever your fitness level, the aim of this one day Adventure Challenge in Wales is to build on your resilience, stamina and strength. It will give you an insight into the mental and physical fitness required to tackle extreme adventures and become 'Expedition Fit'.

Overview

The physical aims of this Adventure Day is to trek to to packraft the picturesque waterways, reach the summit of Pen y Fan, the highest peak in the Brecon Beacons National Park via the infantry battle schools seniors fan dance route, and abseil a hidden waterfall.

If you want to push yourself in one of the UK's premier wilderness areas, look no further. Set against the dramatic ridges, peaks and mountain lakes of the Brecon Beacons National Park, the day will be challenging, memorable and spiced up with an element of the unknown, as this is the reality of life for Secret Compass expedition teams as they explore some of the world's wildest places.

This Adventure day is run by professional Secret Compass leaders, full of tales of adventure from their recent expedition exploits in countries from Sierra Leone to Burma, and from Sinai to Madagascar.

Itinerary

Secret Compass runs expeditions with framework itineraries, rather than guided tours with set daily plans. The following is the outline plan for this Adventure Challenge day to Wales – the 'substance' rather than the specifics. A fuller itinerary is provided on request.

- Arrive at 9:00am at [Nant Cwm-LLwch Car Park](#) – meet the team. Brief and kit check from Expedition Leader
- Set off to packraft entry point and packrafts. 4km
- Begin hike via summit Pen Y Fan. 17km
- Abseil Waterfall
- Final push to the finish
- Debrief eta 18:30

What's Included

INCLUDED

- Professional Secret Compass leader carrying full medical and communications kits
- Any specialist equipment (ropes, helmets, packrafts)
- Transport back to start.

NOT INCLUDED

- Packed lunch
- Personal equipment (full kit list in the Handbook)

Prepare

FITNESS

All our expeditions are achievable by people with an active and healthy lifestyle. However, this is a challenging day that will test you and at times you may be sore, tired, hungry and possibly wet! You must be prepared physically and mentally for the day. Please ensure that you train for the day and arrive fit and ready to go. You will be required to be fit enough for the following.

- Trek: up to 17km per day.
- Carry: up to 10kg per person in a rucksack.
- Terrain: contend with grassy, rocky and potentially steep terrain plus canals.
- Climate: this will depend on the time of year of your chosen weekend. It should never be too extreme but do make sure to check the weather forecast prior to departure.
- Kit: this Handbook contains a full kit list. It will cover eventualities from pleasant days to full downpour as the weather in Wales can be variable at any time of year.
- Swim: as the weekend involves packrafting, you must be able to swim at least 100m. The waterways here are only a few feet deep so you don't need to be a strong swimmer, but you need to be comfortable around water should you capsize (very unlikely indeed, but possible).
- Age: 18+

PRACTICALITIES

Food: Please bring your own packed lunches and plenty of snacks! It is important that you bring food that is high in calories to sustain you for this action packed day. Please ensure it is practical and easy to consume during wild weather.

Transport: Teammates will drive themselves to the start at [Nant Cwm Llŵch Car Park](#) where they will park their cars for the day. Shuttles to the packraft entry point will be organised by Secret Compass from the car park. Nant Cwm Llŵch Car Park is where the expedition finishes, therefore your cars will be there ready for you once you cross the finish line at the end of the day.

Kit list: Please refer to the comprehensive kit list . It is in your best interest to arrive suitably equipped and with worn-in, well-fitting footwear. Secret Compass will provide all group gear and specialist equipment. If you are short of any vital kit or clothing, Secret Compass has arranged discounts with a selection of outdoor retailers and kit hire companies, further details will be sent through on booking.

Kit list

EQUIPMENT

PACKED LUNCH – lunch & snacks – appropriate for high activity and possibly cold weather. (keep it high calorie and simple so that you can easily grab food during poor weather conditions).

THERMOS & MUG (particularly important in cold weather)

DAYSACK (~30litre): A comfortable, well-fitting rucksack which is large enough for your lunch, water, warm layers and waterproofs etc.

WATERPROOF RUCKSACK LINER (40ltr): Sealable “canoe” or “dry” bags made by Podsac or Ortlieb etc. This should line your daysack

1 x TREKKING SHIRT/TSHIRT: Not cotton. Consider long sleeves for sun/insect protection.

1 x TREKKING TROUSERS: Quick-drying trekking trousers.

1 x MID LAYER: Fleece or similar.

1 x WARM LAYER: Synthetic or lightweight down insulated jacket. Bring a waterproof bag for it!

1 x WATERPROOF JACKET AND TROUSERS: Gore-tex or equivalent, with a hood and large enough to fit your warm layers underneath.

1 x WALKING BOOTS: Waterproof, with ankle support. Your boots should be well-fitting and worn in.

1x SPARE SHOES & CLOTHES – leave in your car to put on at the end of the day to drive home in.

2 x HIKING SOCKS: That fit well with your boots.

1 x UNDERWEAR: Sport or Cycling shorts don't chafe.

sock with enough room spare to roll the top over at least 3 times.

2 x WATER BOTTLE or WATER BLADDER: You need to carry at least 3 litres of water. Nalgene bottles or Camelbak-style systems are recommended.

TOILET PAPER

TRAVEL TISSUES.

ANTIBACTERIAL HANDGEL: Keep this on you.

SANITARY PRODUCTS: Please bring nappy sacks and re-sealable plastic bags for disposal.

INSECT REPELLENT: Eg. Midge off, LifeSystems etc.

SUNCREAM: Factor 30+. Consider SPF lipbalm as well.

BASIC FIRST AID KIT: Secret Compass will carry a comprehensive first aid kit so you will only need personal supplies of painkillers, anti-inflammatories, blister care (Vaseline, blister plasters, foot powder), rehydration sachets. Any medication you normally use. Please inform Secret Compass of any pre-existing medical conditions and medication.

WATCH.

SUNGLASSES with UV- filter lenses. Consider a sports strap (croakies, chums etc).

Our Approach

Although this is a one day challenge, we'd like you to read about our ethos and the planning we undertake for any expedition, be that in the UK hills or the Pamir Mountains of Afghanistan.

Secret Compass organises expeditions, not sightseeing tours. Our expeditions are team-centred, flexible and dynamic. Teams are managed on the ground by Secret Compass staff: industry-leading professionals and guides of the highest calibre. They put the structure in place for your team to have an incredible experience while achieving your expedition's aims.

Secret Compass teams often go to places that others don't. This makes our expeditions truly different, taking you beneath the skin and beyond the headlines of the world's most remote reaches. Inspired by history's great explorers and challenges, you'll be set ambitious goals and will overcome similar hardships to those experienced on the audacious journeys of the past.

Remember this is not an organised tour. It is an adventure. More often than not expeditions don't run smoothly! The nature of the areas we operate in mean we will encounter a number of challenges that we expect everyone to meet and relish.

Key risks.

Key risks encountered on this specific expedition include packrafting and abseiling. If you would like to see the full Risk Assessment for this expedition, please email info@secretcompass.com

- Risk Assess. Conduct a thorough risk assessment of potential hazards and threats that may be encountered on the expedition and provide recommendations to reduce the likelihood of harm occurring and reduce the severity if it does occur.
- Safety Plan. As part of our expedition plan, we detail actions to be taken to implement and resource the recommendations of the risk assessment. This includes a detailed medical and communications plan.
- Deliver. The expedition leader is responsible for dynamic risk management on the expedition itself.

Incident management and medical

As part of the safety plan, Secret Compass has a full incident and emergency plan for medical and other emergencies. This will be discussed in full at the arrival brief, so everyone is aware what action will be taken. In summary, incidents are usually managed on the ground by the expedition leader in the first instance with remote support from Secret Compass's 24 hour Operations Room before evacuation to the nearest appropriate medical centre.

Informed consent

It is your responsibility to understand the risks associated with adventure travel in remote areas. By joining this expedition, you accept the risks associated with the venture. If you require any more information on specific risk management for this adventure, or would like to speak to us about our medical planning prior to the trip, please get in touch.