

Islamic Academy of Coventry

'Umrah Checklist

(1st Edition)

A simple & practical guide to the
rituals of 'Umrah

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‘Umrah Checklist

1st Edition – 2019

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Introduction

I begin by Praising Allāh ﷻ, Lord of the Worlds and sending Peace & Salutations to our beloved Prophet Muḥammad ﷺ.

Allāh ﷻ has blessed us with many types of worship, which utilize different types of efforts on behalf of the worshipper. The effort may be physical, like when we perform Salāt. The effort might be financial like in Zakāt, or the effort might be in the form of abstention, like when we fast. Yet there is a form of worship which encompasses all our efforts, physical, financial and abstention and this is our Pilgrimage, whether it is our Ḥajj or 'Umrāh.

With the grace of Allāh ﷻ, I prepared the Ḥajj Checklist several years ago which included all of the details of the rituals performed in Ḥajj and 'Umrāh. As the number of pilgrims going for 'Umrāh is substantial, I decided to make a smaller version of the checklist comprising only of the rituals for 'Umrāh.

As before, the information in this checklist has been arranged in a simple chronological order, where the pilgrim can access the relevant section quickly and easily while keeping track of their progress as well.

I hope and pray that this booklet continues to benefit many more pilgrims in the years to come and may Allāh ﷻ accept the efforts of all those who have helped in the compilation of this checklist. Āmīn.

Ebrahim Noor - 16th Jamādal Ākhirah 1439 AH (4th March 2018)

Useful Information

How to Use this Checklist

It is recommended that each pilgrim reads through the checklist and familiarises themselves with the rituals. If the printed version is being used, tick the relevant checkbox each time a task has been completed. If the PDF version is being used, the checkboxes can be marked using the in-application marking functions.

Try and learn the Du‘ā’s (supplications) with their meanings, especially the Talbiyah so you understand what you are reciting. If a person finds it hard to memorize the various Du‘ā, then they can be read off the checklist.

This checklist assumes that the pilgrim is travelling to Makkah first. If the pilgrim is travelling to Madīnah first, then follow the same instructions, but make the intention when you reach the Mīqāt for pilgrims travelling from Madīnah, which is Masjid Dhul-Ḥulayfah. This is where you will enter the state of Ih̄rām.

Social Media

Our ‘Umrah is a very special act of worship. Whilst we are there, we are guests of Allāh ﷻ so we must take extra care with our actions. Many people spend time taking photographs and selfies at the Holy Sites. They spend time updating their social media status and sending messages rather than worshipping.

Before you go, disable any social media accounts and refrain from taking photographs and sending unnecessary messages. Remember not to spoil your ‘Umrah by doing actions which are not permissible.

These minutes and hours should be treasured. We don't know if and when we will get the blessed opportunity again to visit these Holy places, so don't waste time, utilize your time effectively and spend time in worshipping Allāh ﷻ.

Food

Great care and precautions must also be taken with our food. In current times, there are many fast food outlets/restaurants in the Ḥaramayn who source their meat from overseas. Eat from places that source their meat locally, so we can be sure.

Prohibited actions while in the state of Iḥrām

Iḥrām is an actual state, not just the sheets a person wears whilst performing the rituals of Ḥajj and ʿUmrāh. A person does not enter into this state until they have made the intention of Ḥajj or ʿUmrāh. This must be done before they pass the Mīqāt (boundary).

Once a person is in the state of Iḥrām, certain actions become prohibited. If a person performs any of these actions, accidentally or on purpose they must consult a scholar as soon as possible who will advise of the appropriate action which must now be taken. The prohibited actions in Iḥrām are as follows:

1. Indulging in Intercourse, kissing, embracing and sexual talk in the presence of women.
2. Committing any actions which Allāh ﷻ has made unlawful i.e. obscenity, transgression, conflict etc.
3. Hunting animals or even aiding someone in hunting. This would also include killing lice.
4. Using Iṭar (perfume), scent, perfumed oil, or anything which has a fragrance, on the body, or clothes, or food or drink.
5. Shaving or clipping hair from any part of the body. If hair comes off by itself whilst washing, then this does not matter.
6. Clipping the nails.
7. For men to wear any stitched clothing.
8. For men to wear any footwear which covers the central bone of the upper part of the feet.

9. For men to cover their heads and faces i.e. wearing hats or covering the head with a blanket. (An umbrella can be used; sunglasses\spectacles can also be worn).
10. For women, to cover their faces. However, in the presence of non-maḥram males, the face should be covered in a way that the material does not touch the face. This can be done using a cap type niqāb which keeps the covering away from the face.
11. Causing any type of harm to another Muslim, verbal or physical.

Hand Luggage Packing List

It is recommended you carry a small light hand luggage, packing only the essential items, so it is easier for you to travel. The less weight you have on your person, the easier it will be.

Your personal documents (passports/plane tickets) should always be kept on your person while travelling, in a small personal bag/handbag so they are easily accessible. Your money can be kept in a money belt/pouch. If it is the type that goes around your waist, then the lower part of the Iḥrām can be folded over it for extra peace of mind.

Item	Complete
One small towel	<input type="checkbox"/>
Iṭar (perfume)	<input type="checkbox"/>
Unscented soap, soap dish & flannel	<input type="checkbox"/>
Watch	<input type="checkbox"/>
Spare Iḥrām	<input type="checkbox"/>
Money belt, wallet	<input type="checkbox"/>
Small bottle for toilet use, put it in separate bag	<input type="checkbox"/>
Travel Muṣallāh	<input type="checkbox"/>
Spare carrier bags (for rubbish or dirty clothes)	<input type="checkbox"/>
Some food and drink for journey	<input type="checkbox"/>
Passports, money and tickets	<input type="checkbox"/>
Zip up Qur'ān	<input type="checkbox"/>
‘Umrah Books and Notes	<input type="checkbox"/>
Flip Flops for men, if wearing different footwear to airport	<input type="checkbox"/>

Last Minute Checks

Before you leave for the airport, ensure you have the items below with you in your hand luggage\handbag. Also ensure that the relevant information has been passed to your next of kin who is staying behind.

Item	Complete
Money (In wallet or in money belt)	<input type="checkbox"/>
Credit\Debit Cards if needed (In wallet or in money belt)	<input type="checkbox"/>
Passports (check Meningitis certificate)	<input type="checkbox"/>
ID Cards & wrist bands if supplied by Group Operator	<input type="checkbox"/>
Airplane tickets or e-ticket numbers	<input type="checkbox"/>
Make copies of passports and give to next of kin	<input type="checkbox"/>
Give hotel information to next of kin	<input type="checkbox"/>
Mobile phone (A Saudi SIM card can only be purchased over there now and your biometrics may be taken during the purchase)	<input type="checkbox"/>
Suitcases & hand luggage (ensure you have not exceeded baggage weight allowance for your airline and hand luggage size is within specified size limits)	<input type="checkbox"/>

At Home Before Leaving

Task	Complete
Perform Ghusl & clip nails, trim moustache, remove pubic hair and hair under armpits	<input type="checkbox"/>
Read 2 Rak'ah Naf'l for ease of Journey, (if it is not Makrūh time for Ṣalāt). Recite Sūrah Kāfirūn in 1 st Rak'ah and Sūrah Ikhlāṣ in 2 nd Rak'ah.	<input type="checkbox"/>
After Ṣalāh, do Du'ā, send Durūd to Rasūlullāh ﷺ then thank Allāh ﷻ for the opportunity to go for 'Umrah, ask for ease of journey, repent from all sins, and ask for protection from self-desire (Nafs) and Shayṭān.	<input type="checkbox"/>
Meet family & friends and leave in a happy state. Remain in dhikr during journey and stop for Ṣalāt on the way if required. Do NOT miss any Ṣalāt, plan the journey ahead taking into account possible traffic. Note: All of the pilgrims will now be classed as travellers so only Qaṣr Ṣalāt will be read.	<input type="checkbox"/>

Note: If it is difficult to put on the Iḥrām at the airport, then males can put on at least the lower part (lungi) from home.

Females should get changed at home into the clothes they are using as Iḥrām. They can wear any type of footwear.

At Airport (If putting on Iḥrām from the Airport)

If you are travelling direct to Makkah, then you will have to put on your Iḥrām at the Airport if you have not already done so at home.

It is not recommended to try and put the Iḥrām on in the plane, as space is very limited, and it can get very difficult. There is also the possibility of getting the Iḥrām unclean as well in the small toilets.

If your plane is not direct and you have enough time at your transit, then it is possible to put the Iḥrām on there as well. However, if there are delays then this could again prove difficult.

It is recommended for males, to put on at least the bottom part of the Iḥrām (lungi) at home or the airport. When the time comes and the Mīqāt (boundary) is approaching, if they haven't put on the top part of the Iḥrām (Chādar) yet, then they can simply remove their upper garment and put the upper sheet on.

For people travelling to Madīnah first, they will not put on the Iḥrām at the airport. The actions below can be done when they are in Madīnah and leaving for ʿUmrah.

Task	Complete
Check in luggage first.	<input type="checkbox"/>
Perform Wuḍū if needed and put Iṭar (perfume) on body (don't stain Iḥrām). Put Iḥrām on (If you have not already done so from home). For males, remember to remove underwear.	<input type="checkbox"/>
For males, put on flip flops (if you have not already done so) & put shoes and clothes away.	<input type="checkbox"/>
Read 2 Rak'ah Nafl, Ṣalātul Iḥrām (make sure it's not Makrūh time). Recite Sūrah Kāfirūn in 1 st Rak'ah and Sūrah Ikhlāṣ in 2 nd Rak'ah (with head covered).	<input type="checkbox"/>
After Ṣalāh is finished do Du'ā, Mustaḥab to recite this: اللَّهُمَّ إِنِّي أَسْأَلُكَ رِضَاكَ وَالْجَنَّةَ وَأَعُوذُ بِكَ مِنْ سَخَطِكَ وَالنَّارِ بِرَحْمَتِكَ يَا أَرْحَمَ الرَّاحِمِينَ Allāh humma Innī As'aluka Riḍāka Wal Jannah, Wa A'ūdhubika Min Sakhaṭika Wan-Nār, Birraḥ-matika Yā Ar ḥamar Rāḥimīn “Oh Allāh I ask of your pleasure and your Jannah and I seek refuge from your anger and the fire”	<input type="checkbox"/>
If needed, go to the toilet & then renew Wuḍu before boarding the plane.	<input type="checkbox"/>

In Plane

Task	Complete
Read all Ṣalāt at correct times, allow for time travelling to Makkah. Read Maghrib when you can see sunset. (Do not use refreshing towel on plane)	<input type="checkbox"/>
<p>If you are going direct to Jeddah, at the correct time, before reaching the Miqāt (boundary) make the intention (Niyyah) for ‘Umrāh (bare headed for men). If you have not already put on the top part of the Iḥrām (Chādar), then do this before making the intention, which is as follows:</p> <p style="text-align: center;">اَللّٰهُمَّ اِنِّيْ اُرِيْدُ الْعُمْرَةَ فَيَسِّرْهَا لِيْ وَتَقَبَّلْهَا مِنِّيْ</p> <p style="text-align: center;"><i>Allāh humma Innī Uridul ‘Umrata, Fa yassirhā li, Wa Taqabbalhā Minnī</i></p> <p style="text-align: center;">“Oh Allāh, I intend to perform ‘Umrāh, so make it easy for me and accept it from me”</p>	<input type="checkbox"/>

Then Recite the Talbiyah:



لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ
إِنَّ الْحَمْدَ وَالنِّعْمَةَ لَكَ وَالْمُلْكَ لَا شَرِيكَ لَكَ

*Labbayka Allāh humma Labbayk, Labbayka Lā Sharīka laka
Labbayk. Innal Ḥamda Wan Ni‘mata Laka Wal Mulk, Lā Shari
Kalak*

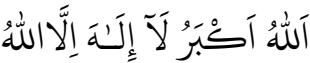
“Here I am, oh Allāh, here I am. Here I am, you have no partner, here I am. Truly the praise and favour is yours, and the sovereignty, you have no partner”

At Jeddah Airport

Task	Complete
After leaving the plane, you will board a bus which will take you to a waiting area.	<input type="checkbox"/>
At immigration, men and women may become separated. Ensure each person has their Documents (Passport, Group Operator details). Arrange to meet them in the Baggage Claim area if needed.	<input type="checkbox"/>
The immigration officers will check your Visa and Passport. They will also now take your photograph and fingerprints (This will be for both men & women). Once these are complete, make your way to the Baggage Claim area and collect Luggage.	<input type="checkbox"/>
Exit into the terminal. If you have arranged transportation with your group then look for signs with you name or the group's name, otherwise make your way to the taxi stand. Make your way to the hotel	<input type="checkbox"/>

At Makkah

Task	Complete
<p>Perform Wuḍu (or Ghusl if needed) then make your way to Ḥaram Sharif. Try to enter through Bābul ‘Umrah if possible. If it is not possible due to the construction going on, then you may enter through any door.</p>	<input type="checkbox"/>
<p>Enter the Masjid with the right foot and recite the Du‘ā:</p> <p style="text-align: center;"> بِسْمِ اللَّهِ وَالصَّلَاةِ وَالسَّلَامِ عَلَى رَسُولِ اللَّهِ اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ </p> <p style="text-align: center;"> <i>Bismillāhi Waṣṣalātu Wassalāmu ‘Alā Rasūlillāh, Allāh humaf taḥlī Abwāba Raḥmatik</i> </p> <p style="text-align: center;"> “In the name of Allāh and Mercy and Peace on the Messenger of Allāh, Oh Allāh, open the doors of your mercy for me” </p>	<input type="checkbox"/>
<p>You can also do the Du‘ā of I’tikāf (Nafl) as well:</p> <p style="text-align: center;"> بِسْمِ اللَّهِ دَخَلْتُ وَ عَلَيهِ تَوَكَّلْتُ وَ نَوَيْتُ سُنَّتُ الْإِعْتِكَافِ </p> <p style="text-align: center;"> <i>Bismillāhi Dakhaltu Wa ‘Alayhi Tawakaltu Wa Nawaytu Sunnatul ‘Itikāf</i> </p>	<input type="checkbox"/>

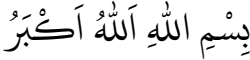
<p>“In the name of Allāh I am entering, and upon him I place my trust and I am making the intention of the Sunnah of I’tikāf”</p>	
<p>Keep your gaze on the floor with proper humility until you get to the Maṭāf which is the open space where the Ka’bah is. You will go down some steps until you will see the marble floor and the area will open up. When you get near enough and think you can see the Ka’bah, then raise your gaze and recite thrice:</p> <p style="text-align: center;">  </p> <p style="text-align: center;"><i>Allāh hu Akbar, Lā ilāha illallāh</i></p> <p style="text-align: center;">“Allāh is the Greatest, there is no God but Allāh”</p> <p>Then behold the house of Allāh ﷻ with your eyes.</p>	<input type="checkbox"/>
<p>Then read Durūd Sharīf and do Du‘ā. Ask for as much as possible and remember the whole Ummah in your Du‘ā’s. This is one of the instances where a persons’ Du‘ā gets accepted. Imām Abū Ḥanīfah رَحِمَهُ اللهُ recited the following Du‘ā:</p> <p style="padding-left: 40px;">‘Oh Allāh, after today please accept all my Du‘ās’.</p>	<input type="checkbox"/>
<p>If you feel fit, then perform ‘Umrah as soon as possible.</p>	<input type="checkbox"/>

How to perform ‘Umrah

The ‘Umrah starts with the intention and then the Ṭawāf (circumambulation of the Ka‘bah). A person must have Wuḍu to perform the Ṭawāf and men must have the right shoulder exposed (Iḍṭibā‘). If you have problems keeping count of how many rounds you have done, then keep a 7 beaded tasbīḥ with you to help.

Task	Complete
Stop reciting Talbiyah (Make sure you have Wuḍu)	<input type="checkbox"/>
Look for Ḥajar Aswad (the black stone) in the corner where there is only one minaret. All other corners of the Ḥaram have two minarets. There will also be lots of green lights on the walls to mark the location of Ḥajar Aswad.	<input type="checkbox"/>
Walk in a counter clockwise direction with the flow of the crowd, until you reach the correct corner.	<input type="checkbox"/>
There is no longer a line on the floor showing the position of Ḥajar Aswad therefore you will have to estimate where the location is, make sure you stop before this.	<input type="checkbox"/>
For men, do Iḍṭibā‘ (put the Iḥrām under the right shoulder so it is exposed), this is done for every Ṭawāf which is followed by Sa‘ī.	<input type="checkbox"/>
Do Iḍṭibā‘ for all 7 rounds	<input type="checkbox"/>

For men, do Raml (Walk Fast with chest out, like marching for the first 3 rounds only).	<input type="checkbox"/>
Position yourself facing the Ka'bah so your right shoulder is in line with the left-hand side of Ḥajar Aswad. NOT directly in front.	<input type="checkbox"/>
Put your right foot on the floor just on the start.	<input type="checkbox"/>
Perform the Intention (Niyyah), this is obligatory (Farḍ). 'Oh Allāh I intend to perform Ṭawāf of your Sacred House for 'Umrah, so make it easy for me and accept it from me'	<input type="checkbox"/>
Then make one side step so you are directly in front of Ḥajar Aswad.	<input type="checkbox"/>
Then recite: بِسْمِ اللَّهِ اللَّهُ أَكْبَرُ وَ لِلَّهِ الْحَمْدُ وَاصْلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللَّهِ <i>Bismillāhi Allāhu Akbar Wa Lillāhil Ḥamd, Waṣṣālatu Wassalāmu 'alā Rasūlillāh</i>	<input type="checkbox"/>

<p>“In the name of Allāh, Allāh is the Greatest and for Allāh is all Praise, and Mercy and Peace on the Messenger of Allāh”</p> <p>And raise your hands to your ears (like when you do takbīr)</p>	
<p>Then perform the Istilām of Ḥajar Aswad as follows:</p> <p>Position your hands so they are at the same height as Ḥajar Aswad then recite:</p> <p style="text-align: center;">  <i>Bismillahi Allāhu Akbar</i> </p> <p>“In the name of Allāh, Allāh is the Greatest”</p> <p>And kiss your hands. DO NOT make a noise when kissing your hands.</p> <p>Note: Have the Intention in your mind that you would like to kiss the Ḥajar Aswad, but because of the amount of people you cannot do it.</p>	<input type="checkbox"/>
<p>Then start your Ṭawāf and perform the Istilām every time you complete a round and come in front of Ḥajar Aswad.</p>	<input type="checkbox"/>

<p>Note: Make sure you go around the Hatīm as this is classed as being inside the Ka‘bah.</p>	
<p>Do not turn your chest towards the Ka‘bah; if it does, then the round will have to be repeated. We are only allowed to turn our chest when doing Istilām.</p>	<input type="checkbox"/>
<p>You can recite any Du‘ā during Ṭawāf (3rd Kalimah, Durūd, Istighfār etc.). An easy way to keep count would be to read from Al Ḥizbul ‘Āzam if you have it, as it has a section for each day, start each new round with the section for the following day). Make sure you do not push and shove other people. Take extra precautions as men and women perform the Ṭawāf together. If you have female members of the family with you, then stay together with them.</p>	<input type="checkbox"/>
<p>When reaching Rukne Yamāni (the corner before Ḥajar Aswad), if you are near, touch it with right hand or both hands. If it is far away, do not raise your hands or do anything else. Do not touch with the left hand only or turn your chest towards the Ka‘bah at this point.</p>	<input type="checkbox"/>
<p>On reaching Rukne Yamāni, read the following Du‘ā:</p>	<input type="checkbox"/>

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي الدُّنْيَا
وَالْآخِرَةِ

*Allāh humma Innī As'alukul 'Afwa Wal 'Āfiyata Fid Duniya Wal
Ākhirah*

“Oh Allāh, I ask for your pardon and wellbeing in this
world and the hereafter”

From Rukne Yamāni to Ḥajar Aswad read:



رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَ
قِنَا عَذَابَ النَّارِ

*Rabbanā Ātina Fid Duniyā Ḥasanatuw Wa Fil Ākhirati
Ḥasanataw Wa Qinā 'adhābannār*

“Our Lord, give us in this World [that which is] good and
in the Hereafter [that which is] good and protect us from
the punishment of the Fire”

After 7 rounds, do the final Istilām (8 in total), then go
behind Maqāme Ibrāhīm (The golden enclosure in the
Matāf, slightly behind and to the right of Ḥajar Aswad) and



<p>read 2 Rak'ah Wājib Ṣalāt. (Better to read Sūrah Kāfirūn in 1st Rak'ah and Sūrah Ikhlāṣ in 2nd Rak'ah).</p> <p>For men, there is no Iḏṭībā' when reading the 2 Rak'ah, so cover your shoulders with the Iḥrām.</p> <p>If it is Makrūḥ time (after Fajr, Zawāl, or between 'Aṣr and Maghrib), then perform the 2 Rak'ah after the Makrūḥ time has finished, before any other Sunnah Ṣalāt.</p>	
<p>If you can't read your Ṣalāt behind Maqāme Ibrāhīm due to the crowd, then it can be read anywhere else in the Maṣjid.</p>	<input type="checkbox"/>
<p>After Ṣalāh, do Du'ā.</p>	<input type="checkbox"/>
<p>After Du'ā, if possible go to the Multazam, (the space between the doors of the Ka'bah and Ḥajar Aswad) and do Du'ā, if it's not busy. This area is very busy so ensure you don't push and shove. Du'ā in this place can be done before or after going to drink Zam Zam.</p>	<input type="checkbox"/>
<p>If it is too busy, then stand near it and do Du'ā instead.</p>	<input type="checkbox"/>
<p>After the Multazam, go and drink as much Zam Zam as you can. Access to the well has now been blocked but you will see taps and water containers in many places.</p>	<input type="checkbox"/>

Drink Zam Zam facing the Qiblah and recite the following Du‘ā:

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا وَرِزْقًا وَاسِعًا
وَشِفَاءً مِنْ كُلِّ دَاءٍ

*Allāh humma Inni As'aluka 'Ilman Nāfi'an, Wa Rizqan Wāsi'an,
Wa Shifā an Min Kulli Dā'in.*

“Oh Allāh I ask you for beneficial knowledge and wide sustenance and cure from all illnesses”

You can also do the following Du‘ā:

Oh Allāh, with the Barak‘ah of this Zam Zam water, save me from the thirst of the Day of Judgment

After drinking Zam Zam, go back to Ḥajar Aswad and do Istilām again. (It is Mustahab to perform Istilām before Sa‘ī).



Afterwards proceed for Sa‘ī.



How to do Sa‘ī (Between Ṣafā & Marwah)

Task	Complete
Follow signs for Masā (this will take you to Ṣafā) and make the intention of performing Sa‘ī	<input type="checkbox"/>
<p>When climbing Ṣafā, you can recite the following:</p> <p style="text-align: center;"> أَبْدَأُ بِمَا بَدَأَ اللَّهُ بِهِ إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ </p> <p style="text-align: center;"><i>Ab da‘ū, bi ma Bada Allāhu bihi, innaṣ Ṣafā wal Marwata min sha‘ā irillāh</i></p> <p>“I begin with what Allāh began with, Indeed As-Ṣafā and Al-Marwah are among the symbols of Allāh”</p> <p>You need to climb up Ṣafā as far as you can, until you can see the Ka‘bah (Due to construction, this might not be possible anymore). You may be able to see the Ka‘bah through the pillars.</p>	<input type="checkbox"/>
After seeing the Ka‘bah, or facing in that direction, raise your hands for Du‘ā	<input type="checkbox"/>

Read 3 times:

اللَّهُ أَكْبَرُ لَا إِلَهَ إِلَّا اللَّهُ

Allāhu Akbar, Lāilāha IllAllāh

“Allāh is the Greatest, there is no God but Allāh”

Read the 4th kalima:

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ وَلَهُ
الْحَمْدُ يُحْيِي وَيُمِيتُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

*Lā ilāha illallāhu, Waḥdahū Lā Sharika lahu, Lahul-Mulku Wa
Lahul-ḥamdu, Yuhyī Wa Yumītu, Wa huwa ‘Ala kulli shay’in
Qadīr*

“There is no God but Allāh, He is alone, there is no partner
for Him, for Him is the dominion and for Him is all praise,
He gives life and death and He has power over all things”

Then read the following Du‘ā:

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ أَنْجَزَ وَعَدَهُ
وَنَصَرَ عَبْدَهُ وَهَزَمَ الْأَحْزَابَ وَحْدَهُ

*Lā ilāha illAllāhu Waḥdahu, Anjaza Wa‘dahu, Wa Naṣara
‘Abdahu, Wa Hazamal Aḥzāba Waḥdah*

“There is no God except Allāh, he is alone, He fulfilled His promise, aided His slave and single-handedly defeated the allies”

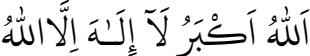
Then read Durūd Sharīf, do lots of Du‘ā, and proceed towards Marwah.

You can read any Du‘ā during Sa‘ī, but it is Sunnah to read this Du‘ā:

رَبِّ اغْفِرْ وَارْحَمْ أَنْتَ الْأَعَزُّ الْأَكْرَمُ

Rabigh fir War ḥam, Antal ‘A‘az-zul Akram

“Lord forgive and have mercy, you are the most Majestic, most Generous”

<p>At two places, there will be green lights. From one set of lights to the other, men must jog. At all other places, walk at a normal pace. For women, there is no jogging.</p>	<input type="checkbox"/>
<p>If you can't jog due to the crowd, do as much as you can.</p>	<input type="checkbox"/>
<p>For men, after jogging, you should wait for the women to catch up.</p>	<input type="checkbox"/>
<p>At Marwah you cannot see the Ka'bah, so you should go as far as you can and then turn towards the Ka'bah and do Du'a as you did at Şafā,</p> <p>Read 3 times:</p> <p style="text-align: center;">  <i>Allāhu Akbar, Lāilāha IllAllāh</i> </p> <p style="text-align: center;">“Allāh is the Greatest, there is no God but Allāh”</p> <p>then 4th Kalimah:</p>	<input type="checkbox"/>

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ
 وَلَهُ الْحَمْدُ يُحْيِي وَيُمِيتُ وَهُوَ عَلَى كُلِّ شَيْءٍ
 قَدِيرٌ

*Lā ilāha illallāhu, Waḥdahū Lā Sharika lahu, Lahul-Mulku Wa
 Lahul-ḥamdu, Yuḥyī Wa Yumītu, Wa huwa ‘Ala kulli shay’in
 Qadīr*

“There is no God but Allāh, he is alone, there is no partner
 for him, for him is the dominion and for him is all praise,
 he gives life and death and he has power over all things”

then Du‘ā:

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ أَنْجَزَ وَعَدَهُ
 وَنَصَرَ عَبْدَهُ وَهَزَمَ الْأَحْزَابَ وَحْدَهُ

*Lā ilāha illAllāhu Waḥdahū, Anjaza Wa‘dahu, Wa Naṣara
 ‘Abdahu, Wa Hazamal Aḥzāba Waḥdah*

“There is no God except Allāh, he is alone, He fulfilled His
 promise, aided His slave and single-handedly defeated the
 allies”

<p>Then read Durūd Sharīf, do lots of Du‘ā, and proceed towards Şafā again.</p>	
<p>Do this 7 times and you will end up at Marwah. Start on Şafā and finish at Marwah. Şafā to Marwah is 1 round and Marwah back to Şafā is 1 round.</p>	<input type="checkbox"/>
<p>After completing Du‘ā at Marwah (after the 7th round), Sa‘ī will now be complete.</p> <p>Pray 2 Rak‘ah Nafl anywhere in Ḥaram if possible, this is Mustahab</p>	<input type="checkbox"/>

After Sa‘ī - Shaving\Cutting the hair

Task	Complete
Your ‘Umrah will not be complete until you have cut your hair. For men, there are barbershops located in the basement of the Clock Tower. Do not cut\shave your hair on the street. Women should cut their hair back at the hotel.	<input type="checkbox"/>
DO NOT USE PERFUMED SOAP ON HEAD (check with barber) when shaving/cutting. (Start from right side)	<input type="checkbox"/>
For men, it is more rewarding to completely shave the head rather than just cutting the hair.	<input type="checkbox"/>
For women, they should cut off approx. one inch off their plait. This can be done by wrapping the hair around a finger and then cutting it. This will be done each time an ‘Umrah is performed.	<input type="checkbox"/>

Your ‘Umrah will now be complete.

Recommended things to do in Makkah

First and foremost, do not miss any Ṣalāt with Congregation (Jamāt) in the Ḥaram Sharīf. If you are going for Ziyārah, ensure you are going at a time where you will be back for Ṣalāt.

Note: Many places are now closed for Ziyārah, so please check with your Group Leader before going to any of these places as you may not be allowed to stop.

Task	Complete
Try and complete at least one recitation of the Qur'ān in Ḥaram Sharīf. Try and read Salāh in the Hatīm (make sure it's not Makrūḥ Time)	<input type="checkbox"/>
Go to Jannatul Mu'ālla (the graveyard where many Ṣaḥābah <small>رضي الله عنهم</small> are buried including Sayyidah Khaḍījah <small>رضي الله عنها</small>)	<input type="checkbox"/>
Go to Gāre Ḥira (known as Jabl Nūr) & Jabl Thawr, you will need to take taxi for both. Pick a time when it's not busy or too hot if you want to walk to the top. It is not recommended to climb to the top for people who are not fit. (These may now be off limits to visitors)	<input type="checkbox"/>
Do as many Ṭawāf as you can. You can also perform Ṭawāf on behalf of other people like deceased relatives.	<input type="checkbox"/>
If you have time, then you can perform 'Umrah again. You can perform 'Umrah on behalf of other people like deceased relatives as well.	

Madīnah

Visiting the City of our beloved Rasūlullāh ﷺ is also a very special occasion. Some pilgrims will go to Madīnah before ‘Umrah and others will go after. There will be many opportunities for Ziyārah but make sure you do not miss any Ṣalāt in Masjid Nabwī. In Madīnah, recite as much Durūd as you can and present your Salām to Rasūlullāh ﷺ as often as you can. Try and work out the best time to go when there are fewer crowds.

Read the various books on Sīrah of Rasūlullāh ﷺ. Familiarize yourself with the city and the great events which occurred in this blessed place. A good series of presentations on Sīrah can be found on the link below:

http://www.islamicacademycoventry.org/kb/kbcontent/AU_Maulana_Ebrahim_No_or_Seerah_Workshop.html

It is recommended that you obtain Maulana Saleem Dhorats booklet called ‘How to Perform Ziyārah of Madīnah Munawwarah’ before you go, as it contains detailed information about this special journey including details of the Rawḍah and locations of graves in Jannatul Baqī.

Spend some time in Riyādhul Jannah and read Ṣalāt, Qur’ān etc. there. Men should also visit Jannatul Baqī. Check what time it opens and if possible take part in a Janāzah there as well. The graves are not marked, but again, from Maulana Saleems’ booklet, you will be able to see who is buried where, including Sayyidunā Uthmān رَضِيَ اللهُ عَنْهُ and the wives of Rasūlullāh ﷺ. Please remember myself and my family when you present your Salām to Rasūlullāh ﷺ and make Du‘ā that Allāh ﷻ gives us all the opportunity to go to Madīnah again and again.

How to Present Salām

Task	Complete
Read Durūd Sharīf on the way to Madīnah	<input type="checkbox"/>
Before going to Masjid Nabwī, dress in your best clothes including as much Sunnah as possible, put on Iṭar, and wear an Imāmah as well if you have one.	<input type="checkbox"/>
For men, when going to present Salām, you can enter from any gate but sometimes the access will be blocked. If you just want to go and present your Salām, then you will have to enter from the gate on the right-hand side of Masjid (Bābus Salām). For sisters, there are certain times of the day when they can go and present their Salām. You can find out the times from your group leader. Take care not to commit any innovative actions, respect the sanctity of the Masjid and at all times remain well behaved and civil. Enter the Masjid with the right foot and recite: بِسْمِ اللَّهِ وَالصَّلَاةِ وَالسَّلَامِ عَلَى رَسُولِ اللَّهِ اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ	<input type="checkbox"/>

*Bismillāhi Waṣṣalātu Wassalāmu ‘Alā Rasūlillāh, Allāhumaf
taḥlī Abwāba Raḥmatik*

“In the name of Allāh and Mercy and Peace on the
Messenger of Allāh, Oh Allāh, open the doors of your
Mercy for me”

Proceed to the Rawḍah which will be on your left. Just after
this you will see the golden enclosure, housing the blessed
resting place of Rasūlullāh ﷺ and his companions. There
are 3 sets of doors at the front. The three graves are all
behind the middle enclosure which has a large gold ring on
the left door.

Once you reach there, present your Salām. If you do Salām
directly in front of the enclosure, then you won’t have
much time. Try to stand a bit of a distance away, that way
you will have more time to present your Salām.

Present your Salām by saying at least:

السَّلَامُ عَلَيْكَ يَا رَسُولَ اللَّهِ

Assalāmu ‘Alayka yā Rasūlallāh

You can also say the following:

الصَّلَاةُ وَالسَّلَامُ عَلَيْكَ يَا رَسُولَ اللَّهِ

Aṣṣalātu Wassalāmu ‘Alayka Yā Rasūlallāh

الصَّلَاةُ وَالسَّلَامُ عَلَيْكَ يَا نَبِيَّ اللَّهِ

Aṣṣalātu Wassalāmu ‘Alayka Yā Nabiyallāh

الصَّلَاةُ وَالسَّلَامُ عَلَيْكَ يَا حَبِيبَ اللَّهِ

Aṣṣalātu Wassalāmu ‘Alayka Yā Ḥabīballāh

الصَّلَاةُ وَالسَّلَامُ عَلَيْكَ يَا خَاتَمَ الْأَنْبِيَاءِ

Aṣṣalātu Wassalāmu ‘Alayka Yā Khātamal Anbiyā

السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ
أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَأَنَّكَ عَبْدُهُ وَرَسُولُهُ

*Assalāmu ‘Alayka Ayyuhanabiyu wa raḥmatullāhi wa
barakātuhi, Ash hadu an lā ilāha illallāhu wa annaka ‘abduhu
wa rasūluh*

Remember to convey the Salāms of all people who have asked you.	<input type="checkbox"/>
Make Du‘ā to Allāh ﷻ and make sure you do NOT raise your hands towards the grave of Rasūlullāh ﷺ whilst doing so.	<input type="checkbox"/>
<p>Once you have finished, move 2 steps to the right and present your Salām to Sayyidunā Abu Bakr رَضِيَ اللهُ عَنْهُ. Recite the following:</p> <p style="text-align: center;">السَّلَامُ عَلَيْكَ يَا خَلِيفَةَ رَسُولِ اللَّهِ</p> <p style="text-align: center;">جَزَاكَ اللَّهُ عَنْ أُمَّةِ مُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ</p> <p style="text-align: center;"><i>Assalāmu ‘Alayka Yā Khalifata Rasūlillah. Jazākallāhu ‘an Ummati Muḥammadin Ṣallalāhu ‘Alayhi Wa Sallam</i></p>	<input type="checkbox"/>
<p>Once you have finished, move 2 steps to the right and present your Salām to Sayyidunā ‘Umar رَضِيَ اللهُ عَنْهُ.</p> <p style="text-align: center;">السَّلَامُ عَلَيْكَ يَا أَمِيرَ الْمُؤْمِنِينَ</p> <p style="text-align: center;">جَزَاكَ اللَّهُ عَنْ أُمَّةِ مُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ</p>	<input type="checkbox"/>

<p><i>Assalāmu ‘Alayka Yā Khalīfata Rasūlillah. Jazākallāhu ‘an Ummati Muḥammadin Ṣallalāhu ‘Alayhi Wa Sallam</i></p>	
<p>Take a Ṣalāt & Salām booklet with you and read this as much as you can when you are in Madīnah. Also try and complete the recitation of the Qur’ān in Maṣjid Nabwī.</p>	<input type="checkbox"/>

Du‘ā when Leaving for ‘Umrah

After completing your personal Du‘ā, say ‘Oh Allāh, Whatever Du‘ā’s your Prophet ﷺ and all your Pious Servants made at this point when leaving for ‘Umrah, I ask for these Du‘ā’s as well, so please accept them from me’.

Jame Du‘ā

At each place where Du‘ā is accepted, i.e. seeing the Ka’bah, at Safa, Marwah, etc. we should make the following Du‘ā,

‘Oh Allāh, whatever Du‘ā your Prophet ﷺ and your Pious Servants made at this place, I ask of you for these things as well so please accept them from me’.

'Umrah Checklist

(1st Edition)

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