

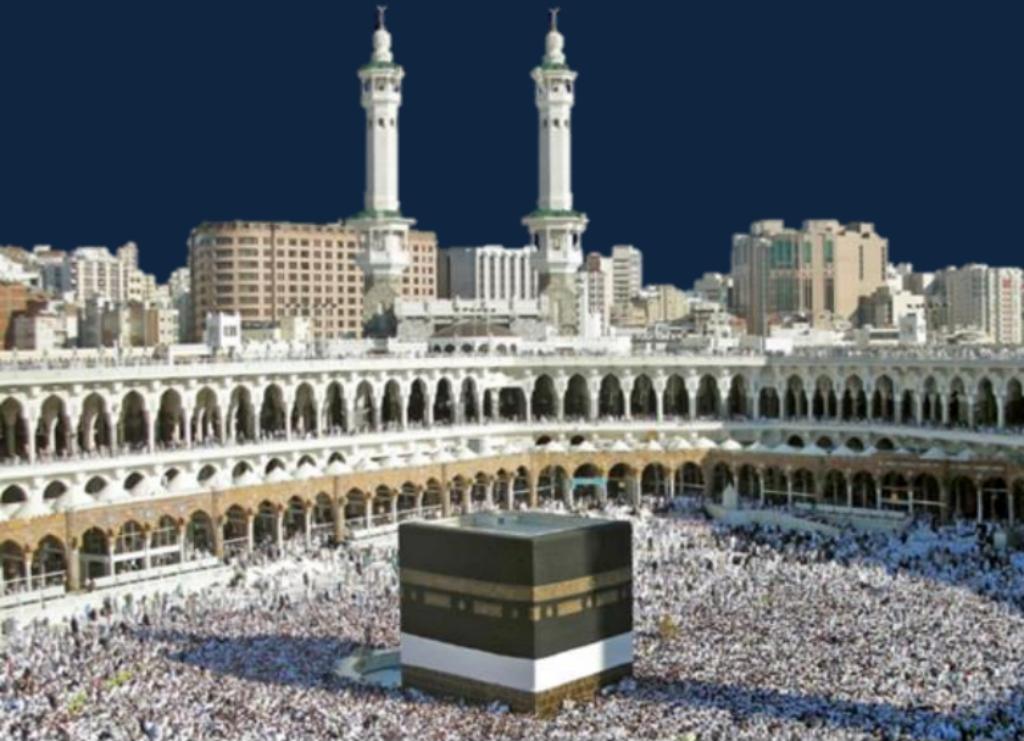
Islamic Academy of Coventry

‘Umrah Checklist

(3rd Edition)

A Simple & Practical Guide to the
Rituals of ‘Umrah

Maulānā Ebrahim Noor



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‘Umrah Checklist

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Islamic Academy of Coventry

83-87 Cambridge Street

Coventry CV1 5HU

www.islamicacademycoventry.org

islamicacademycoventry@hotmail.com

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For our dear respected teacher
Maulānā Suleman Varachhia Ṣāḥib الله عَزَّوجَلَّ
Who spent his final days in the blessed city of
Madīnah al-Munawwarah and was laid to rest in Jannatul Baqī‘

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Introduction

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

Allāh ﷺ has blessed us with many types of worship, which utilise different types of efforts on behalf of the worshipper. The effort may be physical, like when we perform Ṣalāh. The effort might be financial like in Zakāh, 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 ‘Umrah.

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

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 made. I have also added an ‘Umrah Quick Prayer Reference Guide, for those pilgrims who are familiar with the rituals but may want to recap on the various Prayers.

Since the release of the first 2 editions, the entry requirements, as well as the logistics on the ground are continuously changing. I have now updated the checklist accordingly. Pilgrims are advised to check the latest advice regarding the following before travelling:

- Vaccination Requirements & Proof of Covid Testing
- Visa
- Special booking requirements for ‘Umrah
- Special booking requirements for Rawdāh
- Special timings for sisters to present Salām
- Any smart phone apps which are required for proof of vaccination/booking ‘Umrah, Salām & Rawdah

If any smart phone apps are required, it is recommended to install them before you leave, saving you time when you arrive. At the time of writing, the ‘Nusuk’ app is required to book slots for ‘Umrah as well as visiting the Rawdah. To register for the app, you will need to have been issued a visa first as the registration requires a visa number as well as your passport number.

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

Āmīn.

Ebrahim Noor – 26th Jumādā al Thānī 1445 AH (8th January 2024)



Useful Information

How to Use this Checklist

It is recommended that each pilgrim reads through the checklist and familiarises themselves with the rituals of ‘Umrah. 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 first to Madīnah, then follow the same instructions, but make the intention of ‘Umrah when you reach the Mīqāt (boundary) for pilgrims travelling from Madīnah, which is Masjid Dhul-Ḥulayfah. This is where you will enter the state of Iḥrām.

Social Media

Our ‘Umrah is a very special act of worship. Whilst we are there, we are guests of Allāh ﷺ 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 impermissible.

Whilst we are in the Ḥaramayn, the minutes and hours should be treasured. We don't know when we will again get the opportunity to visit these Holy places, so make the most of your time. Utilise your time effectively and spend time in worshipping Allāh ﷺ.

Food

Great care and precautions must also be taken with 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 or use local caterers whose sources can be verified.



‘Umrah Summary

There are 2 Fard actions in ‘Umrah as follows:

- To be in the state of Ihrām
(sheets for men, intention and Talbiyah)
- To perform the Ṭawāf of the Ka‘bah (with intention)

There are 2 Wājib actions in ‘Umrah as follows:

- To perform the Sa‘ī between Aṣ-Ṣafā and Al-Marwah
- To perform Ḥalaq or Qasr (To shave or cut the hair)

Actions before reaching the Miqāt (boundary)

The pilgrim will put on their Ihrām. For men this will be 2 sheets, comprising of an upper garment and a lower garment. Women should wear suitable and comfortable clothing. Two Rak‘ah Ṣalāh al-Ihrām will be performed. The Intention for ‘Umrah will then be made and the Talbiyah will be recited. The pilgrim will now be in the state of Ihrām.

In Makkah

Upon reaching Makkah, the pilgrim will enter Al-Masjid al-Ḥarām and perform the Ṭawāf (in the state of Wuḍū) of the Ka‘bah, which comprises of seven rounds.

Men will do the Id̄ṭibā‘ for all seven rounds. This is to put one end of the upper sheet under the right arm and then taking it over the left shoulder, leaving the right shoulder exposed.

Men will also do Raml for the initial three rounds. This is to walk fast whilst moving the arms, with the chest out.

After the Ṭawāf is complete, the pilgrim will perform two Rak‘ah Ṣalāh, which is Wājib and then make their way to Aṣ-Ṣafā and start the Sa‘ī. They will complete seven rounds. From Aṣ-Ṣafā to Al-Marwah will be counted as one round. The Sa‘ī will end at Al-Marwah.

The men will now shave or cut their hair. Women will cut slightly more than an inch from the end of their plait.

The ‘Umrah will now be complete.



Prohibited Actions in the State of *Ihrām*

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

Once a person is in the state of *Ihrām*, 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. They will advise if any appropriate expiation must now be given. The prohibited actions in *Ihrām* are as follows:

1. Indulging in intercourse, kissing, embracing and sexual talk in the presence of women.
2. Committing any actions which Allāh ﷺ 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 *İtar* (perfume), scent, perfumed oil, or anything which has a fragrance, on the body or clothes, food, or drink.
5. Shaving, clipping, or plucking hair from any part of the body. If any 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.¹
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-mahram 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.



¹ For more information on permissible footwear, refer to <https://islamicportal.co.uk/footwear-in-ihram/>

Hand Luggage Packing List

It is recommended you carry a small light hand luggage, packing only 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) and mobile phone should always be kept on your person while travelling in a personal bag/handbag, so they are easily accessible. Your money can be kept in a money belt/pouch if required. For men, if they are wearing a money belt that goes around the waist, the lower part of the *Ihrām* can be folded over it for extra peace of mind.

Item	Complete
One small towel	<input type="checkbox"/>
Itar (perfume)	<input type="checkbox"/>
Unscented soap, soap dish & flannel	<input type="checkbox"/>
Watch, phone, power bank & charging cables	<input type="checkbox"/>
Spare <i>Ihrām</i>	<input type="checkbox"/>
Money belt, wallet (on person)	<input type="checkbox"/>
Small bottle for toilet use, put in separate bag	<input type="checkbox"/>
Travel Muṣallā’	<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 (on person)	<input type="checkbox"/>
Qur’ān (preferably Zip-up)	<input type="checkbox"/>
‘Umrah Books and Notes	<input type="checkbox"/>
Flip flops for men, if wearing different footwear	<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 relevant information has been passed to any next of kin who are remaining behind.

Item	Complete
Money (In wallet or in money belt/pouch)	<input type="checkbox"/>
Credit/Debit Cards if needed (In wallet or in money belt/pouch – consider adding to e-wallet on phone)	<input type="checkbox"/>
Passports, Visa & vaccination certificates/proof if required (advisable to print physical copies of these as well as having digital copies)	<input type="checkbox"/>
ID Cards/wrist bands if supplied by Group Operator	<input type="checkbox"/>
Airplane tickets or e-ticket numbers	<input type="checkbox"/>
Give hotel information to next of kin	<input type="checkbox"/>
Mobile phone (A Saudi SIM card can only be purchased once you land, and your biometrics may be taken during the purchase. eSIMs can also now be used, which can be purchased beforehand and activated once you land.)	<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 Nafl Ṣalāh for ease of journey, (If it is not Makrūh time for Ṣalāh). Recite Sūrah al-Kāfirūn in 1 st Rak‘ah and Sūrah al-Ikhlās in 2 nd Rak‘ah.	<input type="checkbox"/>
After Ṣalāh, do Du‘ā, send Durūd (Ṣalawāt & Salām) to Rasūlullāh ﷺ, then thank Allāh ﷺ 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 the journey and stop for Ṣalāh on the way if required. Do NOT miss any Ṣalāh. Plan the journey ahead considering possible traffic.	<input type="checkbox"/>
Note: All pilgrims will now be classed as travellers so only Qaṣr Ṣalāh will be read.	

Note: If may be difficult to put on the Iḥrām at the airport, especially if travelling direct, so males should consider wearing the lower part 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 you are travelling direct to Makkah, then you will have to put on your Ihram at the Airport, if you have not already done so at home. It is not recommended to try and put the Ihram on in the plane, as space is very limited, and it can get very difficult. There is also the possibility of getting the Ihram unclean if changing in the small toilets.

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

It is recommended for males, to at least put on the bottom part of the Ihram 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 Ihram yet, they can simply remove their upper garment and wear the upper sheet.

Note: For people travelling to Madīnah first before Makkah, they will not put on the Ihram at the airport. They will enter into Ihram on the way to Makkah from Madīnah at the Mīqāt, which will be Masjid Dhul-Ḥulayfah. There are facilities there to get changed, however the Ihram sheets can be worn from the hotel. It is advisable for females to get changed into the clothes they are using as Ihram from the hotel.

At Masjid Dhul-Ḥulayfah, the pilgrim will read Ṣalāt al-Ihram (if not Makrūh time), make the intention, then recite the Talbiyah.

Task	Complete
Check in luggage first. (They may ask to see Visa)	<input type="checkbox"/>
Perform Wuḍū if needed and put Iṭār (perfume) on body (don't stain Ihrām). Put Ihrām 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, Ṣalāt al-Ihrām (make sure it's not Makrūh time). Recite Sūrah al-Kāfirūn in 1 st Rak‘ah and Sūrah al-Ikhlās in 2 nd Rak‘ah (with head covered). Note: If not flying direct, this can be done at transit airport, however, ensure you have enough time.	<input type="checkbox"/>
After the Ṣalāh is finished, do Du‘ā. It is Mustahab (desirable) to recite the following: اللَّهُمَّ إِنِّي أَسْأَلُكَ رِضَاكَ وَالْجَنَّةَ وَأَعُوذُ بِكَ مِنْ سَخَطِكَ وَالنَّارِ يَارَحْمَةَ الرَّاحِمِينَ <i>Allāh humma Innī As’aluka Ridāka Wal Jannah, Wa A’ūdhubika Min Sakhaṭika Wan-Nār, Birrah-matika Yā Ar Ḥamar Rāḥimīn</i> “O 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 Wuḍū before boarding the plane.	<input type="checkbox"/>

In Plane

Task	Complete
<p>Read all Ṣalāh at correct times. Allow for time travelling to destination and calculate Ṣalāh times before travelling. There are many Ṣalāh time calculators online which you can use. When calculating, ensure you select the calculation method according to your school of thought.²</p>	<input type="checkbox"/>
<p>Don't use a refreshing towel, or scented soap once you are in state of Ihrām.</p>	<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 Ihrām, then do this before making the intention, which is as follows:</p> <p style="text-align: center;">اللَّهُمَّ إِنِّي أُرِيدُ الْعُمْرَةَ فَيَسِّرْهَا لِي وَتَقْبِلْهَا مِنِّي</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;">“O Allāh, I intend to perform ‘Umrah, so make it easy for me and accept it from me.”</p>	<input type="checkbox"/>

² <https://islamicportal.co.uk/salah-on-the-plane/>

Then Recite the Talbiyah 3 times:



لَبَيْكَ اللَّهُمَّ لَبَيْكَ
 لَبَيْكَ لَا شَرِيكَ لَكَ لَبَيْكَ
 إِنَّ الْحَمْدَ وَالْتَّعْمَةَ لَكَ وَالْمُلْكَ
 لَا شَرِيكَ لَكَ

Labbayka Allāh humma Labbayk,

Labbayka Lā Sharīka laka Labbayk.

Innal Ḥamda Wan Ni‘mata Laka Wal Mulk,

Lā Sharī Kalak

“Here I am, O 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, make your way to immigration (You may board a bus to get to the terminal).	<input type="checkbox"/>
At immigration, ensure each person has their Documents (Passport, Visa). Arrange to meet companions after immigration.	<input type="checkbox"/>
The immigration officers will check your Visa and Passport. They will also 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 your luggage.	<input type="checkbox"/>
Exit into the terminal. If you have arranged transportation with your Group then look for signs with your name or the Group's name, otherwise make your way to the taxi stand. Then make your way to the hotel.	<input type="checkbox"/>
<p>Note: If transportation is waiting in the car park, ensure you know which car park area they are waiting. Get the coach number or vehicle registration to help identify it.</p>	

At Makkah

Task	Complete
<p>Perform Wuḍū (or Ghusl if needed) then make your way to Al-Masjid al-Ḥarām. If a time slot has been booked for ‘Umrah, ensure you arrive on time. Try to enter through Bāb al-‘Umrah if possible. If it is not possible due to restrictions, you may enter through any door which gives you access into the Maṭāf or any other floor on which you want to perform Ṭawāf.</p> <p>Note: You must have Wuḍū to perform the Ṭawāf</p>	<input type="checkbox"/>
<p>Enter the Masjid with the right foot and recite the following Du‘ā:</p> <p>بِسْمِ اللَّهِ وَالصَّلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللَّهِ اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ</p> <p>Bismillāhi Waṣṣālatu Wassalāmu ‘Alā Rasūlillāh, Allāh hummaftah lī Abwābā Rahmatik</p> <p>“In the name of Allāh and Mercy and Peace on the Messenger of Allāh, O Allāh, open the doors of Your Mercy for me.”</p>	<input type="checkbox"/>
<p>You can also make intention of Nafl I’tikāf as follows:</p> <p>بِسْمِ اللَّهِ دَخَلْتُ وَ عَلَيْهِ تَوَكَّلْتُ وَ نَوَيْتُ سُنَّتَ الْأَعْتِكَافُ</p>	<input type="checkbox"/>

*Bismillāhi Dakhaltu Wa ‘Alayhi Tawakkaltu
Wa Nawaytu Sunnat al-I‘tikāf*

“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.”

Keep your gaze on the floor with proper humility until you reach 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. If you are on the 1st floor or roof, walk as far forward as you can. When you are close enough and think you can see the Ka‘bah, raise your gaze and recite thrice:

اللَّهُ أَكْبَرُ لَا إِلَهَ إِلَّا اللَّهُ

Allāh hu Akbar, Lā ilāha illallāh

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

Read Durūd (Şalawāt & Salām) and do Du‘ā. Ask for as much as possible and remember the whole Ummah in your Supplications. This is one of the instances where a persons’ Du‘ā gets accepted. Imām Abū Ḥanīfah رَحْمَةُ اللَّهِ لَهُ عَلَيْهِ سَلَامٌ recited the following Du‘ā:

‘O Allāh, after today please accept all my Du‘ās.’

Now proceed and start your ‘Umrah.

How to Perform ‘Umrah

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

Task	Complete
Stop reciting Talbiyah	<input type="checkbox"/>
For men, do Id̄tibā‘ (put the top sheet of the Ihrām under the right shoulder, so it is exposed), this is done for every Ṭawāf which is followed by Sa‘ī.	<input type="checkbox"/>
Men will perform Id̄tibā‘ for all 7 rounds.	<input type="checkbox"/>
Note: During Ṭawāf, if any Ṣalāh time arrives, the Ṣalāh will be prayed with the congregation. After Ṣalāh, the Ṭawāf will continue from where you stopped. During Ṣalāh, the men will stop Id̄tibā‘ and cover their shoulders with their upper sheet. Before they resume Ṭawāf, they will do Id̄tibā‘ again.	
For men, do Raml (Walk fast with chest out, like marching for the first 3 rounds of Ṭawāf only).	<input type="checkbox"/>
Look for Al-Ḥajr al-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 Al-Ḥajr al-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 al-Ḥajr al-Aswad, therefore you will have to estimate where the location is, make sure you stop before this.	<input type="checkbox"/>
Position yourself facing the Ka‘bah so your right shoulder is in line with the left-hand side of Al-Ḥajr al-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 (Fard): اللَّهُمَّ إِنِّي أُرِيدُ طَوَافَ بَيْتِكَ الْحَرَامَ فَيَسِّرْهُ لِي وَتَقْبِلْهُ مِنِّي	<input type="checkbox"/>
“O Allāh I intend to perform Ḥawāf of Your Sacred House for ‘Umrah, so make it easy for me and accept it from me.”	
Then make one side step right so you are now directly in front of Al-Ḥajr al-Aswad.	<input type="checkbox"/>

Then recite:

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
وَالصَّلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللَّهِ

Bismillāhi Allāhu Akbar Wa Lillāhil Ḥamد,
Waṣṣālatu Wassalāmu 'alā Rasūlillāh

“In the name of Allāh, Allāh is the Greatest
and for Allāh is all Praise,
and Mercy and Peace on the Messenger of Allāh.”

Then raise your hands to your ears (like when you do Takbīr for Ṣalāh).

Then perform the Istilām of Al-Ḥajr al-Aswad as follows:

Position your hands with palms forward, so they are at the same height as Al-Ḥajr al-Aswad then recite:

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Bismillāhi Allāhu Akbar

“In the name of Allāh, Allāh is the Greatest.”

Then kiss your hands. DO NOT make a noise when kissing your hands.



<p>Note: Have the Intention in your mind that you would like to kiss Al-Ḥajr al-Aswad, but because of the amount of people you cannot do it.</p>	
<p>Then start your Țawāf and perform the Istilām every time you complete a round and come in front of Al-Ḥajr al-Aswad.</p>	<input type="checkbox"/>
<p>Note: Make sure you go around the ḥaṭīm (the semi-circular wall on the side after the door), as this is classed as being inside the Ka'bah.</p>	
<p>You can recite any Du'ā during Țawāf (3rd Kalimah, Durūd, Istighfār etc.). An easy way to keep count would be to read from Al Ḥizb al-A'ẓam if you have it, as it has a section for each day of the week. 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 Țawāf together. If you have female members of the family or children with you, then stay together with them.</p>	<input type="checkbox"/>
<p>When reaching Al-Rukn al-Yamānī (the corner before Al-Ḥajr al-Aswad), if you are near, touch it with your right hand or both hands. If it is far away, do not raise your hands or do anything else. Do not touch it with the left hand only or turn your chest towards the Ka'bah at this point.</p>	<input type="checkbox"/>

On reaching Al-Rukn al-Yamāni, read the following Du‘ā:

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ
فِي الدُّنْيَا وَالْآخِرَةِ

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

“O Allāh, I ask for Your Pardon and Wellbeing in this World and the Hereafter.”

From Al-Rukn al-Yamāni to Al-Ḥajr al-Aswad read:

رَبَّنَا آتَنَا فِي الدُّنْيَا حَسَنَةً وَ فِي الْآخِرَةِ حَسَنَةً
وَ قِنَا عَذَابَ النَّارِ

*Rabbanā Ātina Fid Dunyā Ḥasanataw 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 Maqām Ibrāhīm (The golden enclosure in the Matāf, slightly behind and to the right of Al-Ḥajr al-Aswad) and read 2 Rak‘ah Wājib Ṣalāh (It is better to read



<p>Sūrah al-Kāfirūn in the 1st Rak‘ah and Sūrah al-İkhlās in the 2nd Rak‘ah).</p>	
<p>Note: For men, once Ṭawāf is complete, there is no more İd̄libā‘, so cover your shoulders with the İhrām before reading the Ṣalāh and keep them covered after during Sa‘ī.</p>	
<p>If it is Makrūh time (after Fajr, Zawāl, or between ‘Aşr and Maghrib), then perform the 2 Rak‘ah after the Makrūh time has finished, before any other Sunnah Ṣalāh.</p>	
<p>If you can't read your Ṣalāh behind Maqām Ibrāhīm due to the crowd, then it can be read anywhere else in the Masjid.</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 Al-Ḥajr al-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 Zamzam.</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 Zamzam as you can. You will see taps and water containers in many places.</p>	<input type="checkbox"/>

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

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا
وَرِزْقًا وَاسِعًا وَشَفَاءً مِنْ كُلِّ دَاءٍ

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

“O Allāh I ask You for beneficial knowledge and wide sustenance and cure from all illnesses.”

You can also do the following Du‘ā:

“O Allāh, with the Barakah of this Zamzam water, save me from the thirst of the Day of Judgment.”

After drinking Zamzam, go back to Al-Hajr al-Aswad and do Istilām again. (It is Mustahab to perform Istilām before Sa‘ī).

Afterwards proceed for Sa‘ī.



How to perform Sa‘ī (Between Aṣ-Ṣafā & Al-Marwah)

Task	Complete
Follow signs for Masā (this will take you to Aṣ-Ṣafā) and make the intention of performing Sa‘ī	<input type="checkbox"/>
When climbing Aṣ-Ṣafā, you can recite the following: أَبْدَأْ بِمَا بَدَأَ اللَّهُ بِهِ إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَابِ اللَّهِ <i>Ab da’ū, Bi ma Bada Allāhu bihi, Innaṣ Ṣafā wal Marwata min Sha’ā irillāh</i>	<input type="checkbox"/>
“I begin with what Allāh began with, Indeed Aṣ-Ṣafā and Al-Marwah are among the Symbols of Allāh.”	
You need to walk up Aṣ-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.	
After seeing the Ka‘bah, or facing in that direction, raise your hands for Du‘ā and read 3 times.	<input type="checkbox"/>

اللَّهُ أَكْبَرُ لَا إِلَهَ إِلَّا اللَّهُ

Allāhu Akbar, Lā ilāha illAllāh

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

Then read the 4th Kalimah:

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

*Lā ilāha illallāhu, Wahdahu Lā Sharīka 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 read the following Du‘ā:

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ أَنْجَزَ وَعْدَهُ
وَنَصَرَ عَبْدَهُ وَهَزَمَ الْأَخْرَابَ وَحْدَهُ

*Lā ilāha illallāhu Wahdahu, Anjaza Wa‘dahu,
Wa Naṣara ‘Abdahu, Wa Hazamal Aḥzāba Wahdah*

“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 (Ṣalawāt & Salām), do lots of Du‘ā, and proceed towards Al-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.”

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.

If you can’t jog due to the crowd, do as much as you can.



<p>For men, after jogging, you should wait for the women to catch up.</p>	<input type="checkbox"/>
<p>At Al-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‘ā as you did at Aṣ-Ṣafā, Read 3 times:</p>	<input type="checkbox"/>
<p style="text-align: center;"> اللَّهُ أَكْبَرُ لَا إِلَهَ إِلَّا اللَّهُ <i>Allāhu Akbar, Lā ilāha illAllāh</i> “Allāh is the Greatest, there is no God but Allāh.” then 4th Kalimah: لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ يُحْيِي وَيُمِيتُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ <i>Lā ilāha illallāhu, Wahdahu Lā Sharika lahu, Lahul-Mulku Wa Lahul-hamdu, Yuhyī Wa Yumītu, Wa huwa ‘Ala kulli Shay’in Qadīr</i> “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.” </p>	

then read the following Du‘ā:

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ أَنْجَزَ وَعْدَهُ
وَنَصَرَ عَبْدَهُ وَهَزَمَ الْأَخْرَابَ وَحْدَهُ

*Lā ilāha illallāhu Wahdahu, Anjaza Wa‘dahu,
Wa Naṣara ‘Abdahu, Wa Hazamal Ahzāba Wahdah*
“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 (Ṣalawāt & Salām), do lots of Du‘ā, and proceed towards Aṣ-Ṣafā again.

Do this 7 times and you will end up at Al-Marwah.

Note: You will have started at Aṣ-Ṣafā and finished at Al-Marwah. Aṣ-Ṣafā to Al-Marwah is one round and Al-Marwah back to Aṣ-Ṣafā is another round.

After completing Du‘ā at Al-Marwah (after the 7th round), Sa‘ī will now be complete.

Pray 2 Rak‘ah Nafl Ṣalāh anywhere in the Masjid, if possible, this is Mustahab.

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 many places including the basement of the Clock Tower and in hotels. 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 the 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 Actions in Makkah

First and foremost, do not miss any Ṣalāh with congregation (Jamā‘ah) in Al-Masjid al-Ḥarām. If you are going for Ziyārah, ensure you are going at a time where you will be back for Ṣalāh.

Note: Many places may be closed for Ziyārah, so please check (with your Group leader if you have one) 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 Al-Masjid al-Ḥarām. Try and read Salāh in the Ḥaṭīm (make sure it’s not Makrūh Time).	<input type="checkbox"/>
Go to Jannat al-Mu‘allā, the graveyard where many Ṣahābah رضي الله عنهم are buried including the first wife of Rasūlullāh ﷺ, Sayyidah Khadījah رضي الله عنها وسالم (At the time of writing, graveyard is open after ‘Aṣr).	<input type="checkbox"/>
Go to Gār Ḥira (on top of Jabl al-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	<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. Ensure you books your slot through the ‘Nusuk’ app if required	

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 Ṣalāh in Al-Masjid al-Nabawī. 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.

Note: You may need to book visiting the Rawḍah through the ‘Nusuk’ app.

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

<https://islamicportal.co.uk/english-books/>

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

Spend some time in Riyāḍ al-Jannah (Rawḍah booking will be required) if possible and read Ṣalāh, recite Qur’ān, perform Du‘ā etc. there. Men should also visit Jannat al-Baqī‘. Check what time it opens and if possible, take part in a Janāzah there as well (At the moment it is open after Fajr and ‘Aṣr). The graves are not marked, but again, from Maulana

Muhammad Saleem's booklet, you will be able to see who is buried where, including Sayyidunā Uthmān رضي الله عنه, the children and wives of Rasūlullāh صلوات الله عليه وآله وسالم and many other Ṣahābah رضي الله عنهم.

Please remember myself and my family when you present your Salām to Rasūlullāh صلوات الله عليه وآله وسالم and make Du‘ā that Allāh عز وجل gives us all the opportunity to go to Madīnah again and again.



How to Present Salām

Task	Complete
Read Durūd (Şalawāt & Salām) on the way to Madīnah	<input type="checkbox"/>
Before going to Al-Masjid al-Nabawī, dress in your best clothes including as much Sunnah as possible. Put on Iṭār and wear an Imāmah (turban) if you have one.	<input type="checkbox"/>
For men, when going to present Salām, you will have to enter from the gate on the right-hand side of the Masjid (Bāb as-Salām).	<input type="checkbox"/>
Note: This may change due to restrictions, so check the latest guidance when you arrive. For sisters, there are certain times of the day which have been allocated to present their Salām to Rasūlullāh ﷺ. You can confirm the timings by checking the electronic noticeboards which are outside some of the gates. Take care not to commit any innovative actions, respect the sanctity of the Masjid and always remain well behaved and civil. Have total respect and humility.	

Enter the Masjid with the right foot and recite:

بِسْمِ اللَّهِ وَالصَّلَاةُ وَالسَّلَامُ

عَلَى رَسُولِ اللَّهِ

اللَّهُمَّ افْتَحْ لِيْ أَبْوَابَ رَحْمَتِكَ

*Bismillāhi Waṣṣālatu Wassalāmu ‘Alā Rasūlillāh,
Allāh hummaf taḥlī Abwāba Rahmatik*

“In the name of Allāh and Mercy and Peace on the
Messenger of Allāh,
O Allāh, open the doors of Your Mercy for me.”

Proceed to the Rawdah which will be on your left. You will then see the golden enclosure, housing the blessed resting place of Rasūlullāh ﷺ and his Companions رضي الله عنهم. There are 3 sets of doors at the front. The three graves are behind the middle enclosure which has one large golden viewing hole on the left door and two smaller ones on the right.

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 Khāṭam al-Anbiyā

السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ

وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

أَشْهَدُ أَنَّ لَا إِلَهَ إِلَّا اللَّهُ

وَأَنَّكَ عَبْدُهُ وَرَسُولُهُ

Assalāmu ‘Alayka Ayyuhannabiyu

Wa Raḥmatullāhi Wa Barakātuhu,

Ash hadu an Lā ilāha illallāhu

Wa Annaka ‘Abduhu Wa Rasūluh

Remember to convey the Salāms of all people who have asked you.

Make Du‘ā to Allāh ﷺ and make sure you do NOT raise your hands towards the grave of Rasūlullāh ﷺ whilst doing so.

Once you have finished, move 2 steps to the right and present your Salām to Sayyidunā Abū Bakr رَضِيَ اللَّهُ عَنْهُ. Recite the following:

السَّلَامُ عَلَيْكَ يَا خَلِيفَةَ رَسُولِ اللَّهِ

جَزَاكَ اللَّهُ عَنْ أُمَّةٍ مُّحَمَّدٍ

صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

Assalāmu ‘Alayka Yā Khalīfata Rasūlallah.

Jazākallāhu ‘An Ummati Muḥammadin

Şallalāhu ‘Alayhi Wa Sallam

Once you have finished, move 2 steps to the right and present your Salām to Sayyidunā ‘Umar رضي الله عنه. Recite the following:

السَّلَامُ عَلَيْكَ يَا أَمِيرَ الْمُؤْمِنِينَ

جَرَأَكَ اللَّهُ عَنْ أُمَّةِ مُحَمَّدٍ

صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

Assalāmu ‘Alayka Yā Amīr al-Mu’minīna.

Jazākallāhu ‘An Ummati Muḥammadin

Şallalāhu ‘Alayhi Wa Sallam

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 Al-Masjid al-Nabawī.



Comprehensive Du‘ā

At each place where supplications are accepted, i.e., seeing the Ka‘bah, at Aṣ-Ṣafa, Al-Marwah, etc. we should make the following Du‘ā:

“O 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.”

You can also read:

ا-للّهُمَّ إِنَّا نَسْأَلُكَ مِنْ خَيْرٍ مَا سَأَلَكَ مِنْهُ نَبِيُّكَ مُحَمَّدُ صَلَّى
اللّهُ عَلَيْهِ وَسَلَّمَ وَنَعُوذُ بِكَ مِنْ شَرِّ مَا اسْتَعَاذُ مِنْهُ نَبِيُّكَ
مُحَمَّدُ صَلَّى اللّهُ عَلَيْهِ وَسَلَّمَ
وَأَنْتَ الْمُسْتَعَانُ وَعَلَيْكَ الْبَلَاغُ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللّهِ

“O Allāh, we ask You for all those good things for which Your Nabī, Muḥammad ﷺ asked You, and we seek refuge from You for all those evils which Your Nabī, Muḥammad ﷺ sought refuge from You. You are the only one who can be turned to for help, and for You is only to convey. There is no power (to do good deeds) or ability (to avoid bad deeds) except with the help of Allāh.”

Hajj/Umrah Prayer Quick Reference

Description	Prayer
After Ṣalāt al-Iḥrām	اللَّهُمَّ إِنِّي أَسْأَلُكَ رِضَاكَ وَالجَنَّةَ وَأَعُوذُ بِكَ مِنْ سَخَطِكَ وَالنَّارِ بِرَحْمَتِكَ يَا أَرْحَمَ الرَّاحِمِينَ
Intention for Umrah	اللَّهُمَّ إِنِّي أُرِيدُ الْعُمْرَةَ فَيَسِّرْهَا لِي وَتَقْبِلْهَا مِنِّي
Talbiyah	لَبَيْكَ اللَّهُمَّ لَبَيْكَ لَبَيْكَ لَا شَرِيكَ لَكَ لَبَيْكَ إِنَّ الْحَمْدَ وَالنِّعْمَةَ لَكَ وَالْمُلْكَ لَا شَرِيكَ لَكَ
Entering the Masjid	بِسْمِ اللَّهِ وَالصَّلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللَّهِ اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ
When seeing the Kabah (thrice)	اللَّهُ أَكْبَرُ لَا إِلَهَ إِلَّا اللَّهُ
Intention for Ṭawāf	اللَّهُمَّ إِنِّي أُرِيدُ طَوَافَ بَيْتِكَ الْحَرَامَ فَيَسِّرْهُ لِي وَتَقْبِلْهُ مِنِّي

At the beginning of Tawāf after Intention	بِسْمِ اللَّهِ الَّلَّهُ أَكْبَرُ وَبِلِلَهِ الْحَمْدُ وَالصَّلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللَّهِ
Istilām of Al-Ḥajr al-Aswad	بِسْمِ اللَّهِ الَّلَّهُ أَكْبَرُ
On reaching Al-Rukn al-Yamāni	اللَّهُمَّ إِنِّي أَسأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ
Between Al-Rukn al-Yamāni & Al-Ḥajr al-Aswad	رَبَّنَا آتَنَا فِي الدُّنْيَا حَسَنَةً وَ فِي الْآخِرَةِ حَسَنَةً وَ قِنَا عَذَابَ النَّارِ
When drinking Zamzam	اللَّهُمَّ إِنِّي أَسأَلُكَ عِلْمًا نَافِعًا وَ رِزْقًا وَاسِعًا وَ شَفَاءً مِنْ كُلِّ دَاءٍ
When climbing Aṣ-Ṣafā	أَبْدُأْ بِمَا بَدَأَ اللَّهُ بِهِ إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَابِ اللَّهِ
At Aṣ-Ṣafā & Al-Marwah	اللَّهُ أَكْبَرُ لَا إِلَهَ إِلَّا اللَّهُ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ يُحْمِي وَيُمْسِي وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ أَنْجَزَ وَعْدَهُ

	وَنَصَرَ عَبْدَهُ وَهَرَمَ الْأَحْزَابَ وَحْدَهُ
During Sa'ī	رَبِّ اغْفِرْ وَارْحَمْ أَنْتَ الْأَعَزُّ الْأَكْرَمُ
Intention for Hajj	اللَّهُمَّ إِنِّي أُرِيدُ الْحَجَّ فَيَسِّرْهُ لِي وَتَقْبِلْهُ مِنِّي
When pelting (Ramī)	بِسْمِ اللَّهِ اللَّهُ أَكْبَرُ
Comprehensive Du'ā	اللَّهُمَّ إِنَّا نَسْأَلُكَ مِنْ خَيْرِ مَا سَأَلَكَ مِنْهُ تَبِيَّكَ مُحَمَّدٌ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ وَنَعُوذُ بِكَ مِنْ شَرِّ مَا اسْتَعَاذَ مِنْهُ تَبِيَّكَ مُحَمَّدٌ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ وَأَنْتَ الْمُسْتَعَانُ وَعَلَيْكَ الْبَلَاغُ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ



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83-87 Cambridge Street
Coventry CV1 5HU