#### **Islamic Academy of Coventry**

## <sup>c</sup>Umrah Checklist

(3rd Edition)

A Simple & Practical Guide to the Rituals of <sup>C</sup>Umrah

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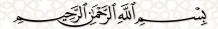
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#### Introduction

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

Allāh 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 Ṣalāt. 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 ʿUmrah.

With the grace of Allāh , 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 Rawḍāh
- 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 Rawḍah. 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 & accept the efforts of all those who have helped in the compilation of this checklist.

Āmīn.

Ebrahim Noor – 26<sup>th</sup> Jumādā al Thānī 1445 AH (8<sup>th</sup> January 2024)

#### **Useful Information**

#### How to Use this Checklist

t 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 inapplication marking functions.

Try and learn the  $Du^c\bar{a}$ '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  $Du^c\bar{a}$ , 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 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. Utilize your time effectively and spend time in worshipping Allāh .

#### 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 Iḥrām (sheets for men, intention and Talbiyah)
- To perform the Ṭawāf of the Kacbah (with intention)

There are 2 Wājib actions in 'Umrah as follows:

- To perform the Sa<sup>c</sup>ī between As-Safā and Al-Marwah
- To perform Halaq or Qasr (To shave or cut the hair)

#### Actions before reaching the Mīqāt (boundary)

The pilgrim will put on their Iḥrām. For men this will be 2 sheets, comprising of an upper garment and a lower garment. Women should wear suitable and comfortable clothing. Two Rakʿah Ṣalāt al-Iḥrām will be performed. The Intention for ʿUmrah 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 Kaʿbah, which comprises of seven rounds.

Men will do the Iḍṭibā<sup>c</sup> 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 Rakʿah Ṣalāh, which is Wājib and then make their way to Aṣ-Ṣafā and start the Saʿī. They will complete seven rounds. From Aṣ-Ṣafā to Al-Marwah will be counted as one round. The Saʿī 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

hrām is an actual state, not just the sheets a person wears whilst performing the rituals of Ḥajj and ʿUmrāh. A person does not enter 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. 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 & 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 Itar (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.

#### <sup>c</sup>Umrah Checklist

- 8. For men to wear any footwear which covers the central bone of the upper part of the feet.<sup>1</sup>
- 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.

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<sup>&</sup>lt;sup>1</sup> For more information on permissible footwear, refer to <a href="https://islamicportal.co.uk/footwear-in-ihram/">https://islamicportal.co.uk/footwear-in-ihram/</a>

#### Hand Luggage Packing List

t 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 Iḥrām can be folded over it for extra peace of mind.

Item	Complete
One small towel	
Ițar (perfume)	
Unscented soap, soap dish & flannel	
Watch (on person)	
Spare Iḥrām	
Money belt, wallet (on person)	
Small bottle for toilet use, put in separate bag	
Travel Mușallāh	
Spare carrier bags (for rubbish or dirty clothes)	
Some food and drink for journey	
Passports, money, and tickets (on person)	
Qur'ān (preferably Zip-up)	
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Flip Flops for men, if wearing different footwear	A PAR

#### **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 any next of kin who are remaining behind.

Item	Complete
Money (In wallet or in money belt/pouch)	
Credit/Debit Cards if needed (In wallet or in	
money belt)	
Passports, Visa, and vaccination	
certificates/proof if required	
ID Cards/wrist bands if supplied by Group	
Airplane tickets or e-ticket numbers	
Make copies of passports and give to next of kin	
Give hotel information to next of kin	
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)	
Suitcases & hand luggage (ensure you have not	
exceeded baggage weight allowance for your	
airline and hand luggage size is within specified	999
size limits)	5123126

#### At Home Before Leaving

Task	Complete
Perform Ghusl, clip nails, trim moustache, remove pubic hair and hair under armpits	
Read 2 Rak'ah Nafl Şalāh for ease of Journey, (if it is not Makrūh time for Şalāh). Recite Sūrah al-Kāfirūn in 1 <sup>st</sup> Rak'ah and Sūrah al-Ikhlāṣ in 2 <sup>nd</sup> Rak'ah.	
After Ṣalāh, do Duʿā, send Durūd (Ṣalawāt & Salām) to Rasūlullāh then thank Allāh 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.	
Meet family & friends and leave in a happy state.  Remain in Dhikr during the journey and stop for Şalāh on the way if required. Do NOT miss any Şalāh. Plan the journey ahead considering possible traffic.  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 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 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 Iḥrām 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 Iḥrām 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 yet, then they can simply remove their upper garment and put the upper sheet on.

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

Task	Complete
Check in luggage first. (They may ask to see visa)	
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.	(00/Yo
For males, put on flip flops (if you have not already	
done so) & put shoes and clothes away.	
Read 2 Rak'ah Nafl, Ṣalāt al-Iḥrām (make sure it's	
not Makrūh time). Recite Sūrah al-Kāfirūn in 1st	
Rak <sup>c</sup> ah and Sūrah al-Ikhlāṣ in 2 <sup>nd</sup> Rak <sup>c</sup> ah (with	
head covered).	
After the Ṣalāh is finished, do Duʿā. Mustaḥab to	
recite the following:	
ٱللُّهُمَّ اِنِّيْ ٱسْأَلُكَ رِضَاكَ وَالْجُنَّةَ	
وَأَعُوْذُ بِكَ مِنْ سَخَطِكَ وَالنَّارْ	
بِرَحْمَٰتِكَ يَا أَرْحَمَ الْرَاحِمِينْ	
Allāh humma Innī As'aluka Riḍāka Wal Jannah,	abdar
Wa Aʻūdhubika Min Sakhaṭika Wan-Nār,	2635
Birraḥ-matika Yā Ar Ḥamar Rāḥimīn	Stephen

"O Allāh I ask of Your pleasure and Your Jannah,	
and I seek refuge from Your anger and the fire"	
If needed, go to the toilet & then renew Wuḍū	
before boarding the plane.	

#### In Plane

Task	Complete
Read all Ṣalāh at correct times. Allow for time	
travelling to Makkah. If Maghrib time, read when	
you can see sunset. (Don't use refreshing towel, or	
scented soap once in Iḥrām)	
If you are going direct to Jeddah, at the correct	
time, before reaching the Mīqāt (boundary) make	
the intention (Niyyah) for ʿUmrāh (bare headed	
for men). If you have not already put on the top	
sheet of the Iḥrām, then do this before making the	
intention, which is as follows:	
ٱللّٰهُمَّ اِنِّيْ أُرِيْدُ الْعُمْرَةَ	
فَيَسِّرْهَالِيْ وَتَقَبَّلْهَا مِنِيْ	
Allāh humma Innī Uridul ʿUmrata,	XEAR
Fa Yassirhā li, Wa Taqabbalhā Minnī	
"O Allāh, I intend to perform ʿUmrāh,	XXXXXX
so make it easy for me and accept it from me"	

Then Recite the Talbiyah:

لَتَيْكَ اللَّهُمَّ لَتَيْكَ لَتَيْكَ لاَ شَرِيْكَ لَكَ لَبَيْكَ إِنَّ الْحَمْدَ وَالنِّعْمَةَ لَكَ وَالْمُلْكَ لاَ شَرِيْكَ 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).	
At immigration, ensure each person has their Documents (Passport, Visa). Arrange to meet companions after immigration.	
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.	
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. Make your way to the hotel.	
<b>Note:</b> 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.	

#### At Makkah

Task	Complete
Perform Wuḍū (or Ghusl if needed) then make	91808
your way to Al-Masjid al-Ḥarām. If a time slot has	35361
been booked for 'Umrah, ensure you arrive on	66233
time. Try to enter through $B\bar{a}b$ $al$ -'Umrah if	1 XX XX
possible. If it is not possible due to restrictions,	
you may enter through any gate or maybe	
directed to a particular gate.	
<b>Note:</b> You must have Wuḍū to perform the Ṭawāf	
Enter the Masjid with the right foot and recite the	
following Duʿā:	
بِسْمِ اللهِ وَالصَّلَاةُ وَالسَّلاَمُ عَلَى رَسُوْلِ اللهِ	
عَلَى رَسُوْلِ اللهِ	
اَللَّهُمَّ افْتَحْ لِيْ اَبْوَابَ رَحْمَتِكَ	
Bismillāhi Waşşālatu Wassalāmu ʿAlā Rasūlillāh,	
Allāh hummaf taḥlī Abwāba Raḥmatik	
"In the name of Allāh and Mercy and Peace on	
the Messenger of Allāh, O Allāh,	XEAR T
open the doors of Your mercy for me"	XXXX

You can also make intention of Nafl I'tikāf as follows:	
بِسْمِ اللَّهِ دَخَلْتُ وَ عَلَيْهِ تَوَكَّلْتُ	
وَ نَوَيْتُ سُنَّتَ الْاعْتِكَافْ	
Bismillāhi Dakhaltu Wa ʿAlayhi Tawakkaltu Wa Nawaytu Sunnatal Iʻtikāf	
"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 Kaʿbah is. You will go down some steps until you will see the marble floor and the area will open up. When you are close enough and think you can see the Kaʿbah, raise your gaze and recite thrice:	
اَللَّهُ اَكْبَرُ لَآ إِلَـٰهَ اِلَّااللَّهُ	
Allāh hu Akbar, Lā ilāha illallāh	
"Allāh is the Greatest, there is no God but Allāh"	
Then behold the house of Allāh & with your eyes.	OPKIOL

#### <sup>c</sup>Umrah Checklist

I V I A I MAN I V I A I MAN I V I	
Read Durūd (Ṣalawāt & Salām) and do Duʿā. Ask	
for as much as possible and remember the whole	XXXXX
Ummah in your Supplications. This is one of the	
instances where a persons' Du'ā gets accepted.	9163161
recited the following کِمَهُالَنَّهُ recited the following	
Du <sup>c</sup> ā:	66436
'O Allāh, after today please accept all my Du <sup>c</sup> ās'	
Now proceed and start your 'Umrah.	
•	



#### How to Perform 'Umrah

he 'Umrah starts with the intention and then the Ṭawāf (circumambulation of the Ka'bah). A person must have Wuḍū 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 to help you.

Task	Complete
Stop reciting Talbiyah	
For men, do Iḍṭibāʻ (put the top sheet of the Iḥrām	
under the right shoulder, so it is exposed), this is	
done for every Ṭawāf which is followed by Saʿī.	
Men will perform Iḍṭibāʻ for all 7 rounds.	
<b>Note</b> : 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 Iḍṭibāʻ	
and cover their shoulders with their upper sheet.	
Before they resume Ṭawāf, they will do Iḍṭibāʻ	
again.	
For men, do Raml (Walk fast with chest out, like	
marching for the first 3 rounds of Ṭawāf only).	

#### <sup>c</sup>Umrah Checklist

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.	
Walk in a counter clockwise direction with the flow of the crowd, until you reach the correct corner.	
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.	
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.	
Put your right foot on the floor just on the start.	
Perform the Intention (Niyyah), this is obligatory (Farḍ).	
"O Allāh I intend to perform Ṭawāf 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.	
Then recite:	
بِسْمِ اللهِ اَللهُ اَكْبَرُ وَ لِلهِ الْحَمْدُ	
وَاصَّلَاهُ وَالسَّلاَمُ عَلَى رَسُوْلِ اللهِ	
Bismillāhi Allāhu Akbar Wa Lillāḥil Ḥamd, 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 اللهِ اَللهُ اَكْبَرُ	
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.	
<b>Note:</b> 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.	
Then start your Ṭawāf and perform the Istilām every time you complete a round and come in front of Al-Ḥajr al-Aswad.	
<b>Note:</b> 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 Kaʿbah.	
Apart from the Istilām, at any other point during the Ṭawāf, do not turn your chest towards the Kacbah.	
You can recite any Du <sup>c</sup> ā during Ṭawāf (3 <sup>rd</sup> Kalimah, Durūd, Istighfār etc.). An easy way to keep count would be to read from Al Hizb al-A <sup>c</sup> zam if you have	

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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 Ṭawāf together. If you have female members of the family or children with you, then stay together with them.	
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 Kaʿbah at this point.	
On reaching Al-Rukn al-Yamāni, read the following Duʿā:  اَللّٰهُمَّ إِنِّى 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 Rukn al-Yamānī to al-Ḥajr al-Aswad read:	
رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَّ فِي الْآخِرَةِ	
حَسَنَةً وَّ قِنَا عَذَابَ النَّارِ	
Rabbanā Ātina Fid Dunyā Ḥasanataw Wa Fil Ākhirati Ḥasanataw Wa Qinā ʿAdhābannār	
"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 <sup>c</sup> ah Wājib Şalāh. (It is better to read Sūrah al-Kāfirūn in the	
1 <sup>st</sup> Rak <sup>c</sup> ah and Sūrah al-Ikhlāş in the 2 <sup>nd</sup> Rak <sup>c</sup> ah).	
<b>Note</b> : For men, once Ṭawāf is complete, there is no	
more Idtiba', so cover your shoulders with the	KO OX

Iḥrām before reading the Ṣalāh and keep them covered after during Sa'ī.	
If it is Makrūh time (after Fajr, Zawāl, or between 'Aṣr and Maghrib), then perform the 2 Rak'ah after the Makrūh time has finished, before any other Sunnah Ṣalāh.	
If you can't read your Ṣalāh behind Maqām Ibrāhīm due to the crowd, then it can be read anywhere else in the Masjid.	
After Ṣalāh, do Duʿā.	
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.	
If it is too busy, then stand near it and do Duʿā instead.	
After the Multazam, go and drink as much Zamzam as you can. You will see taps and water containers in many places.  Drink Zamzam facing the Qiblah and recite the following Du <sup>r</sup> ā:	

اللّهُمَّ إِنِّي أَسْأَلُكَ عِلْماً نَافِعاً وَ رِزْقًا وَاللّهُمَّ إِنِّي أَسْأَلُكَ عِلْماً نَافِعاً وَ رِزْقًا وَاللّهُمَّ إِنِّي أَسْأَلُكَ عِلْماً نَافِعاً وَ رِزْقًا وَاللّهَمَّ اللّهُمَّ اللّهَ وَاللّهَ اللّهُ اللّهُولُ اللّهُ اللّهُ اللّهُ الللّهُ اللّهُ اللّهُ اللّهُ الللّهُ الل	
After drinking Zamzam, go back to Al-Ḥajr al-Aswad and do Istilām again. (It is Mustaḥab to perform Istilām before Saʿī).	
Afterwards proceed for Saʿī.	

# How to perform Sa<sup>c</sup>ī (Between Aṣ-Ṣafā & Al-Marwah)

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After seeing the Ka<sup>c</sup>bah, or facing in that direction, raise your hands for Du<sup>c</sup>ā and read 3 times.

### اَللَّهُ اَكْبَرُ لَآ إِلَـٰهَ اِلَّااللَّهُ

Allāhu Akbar, Lā ilāha illAllāh

"Allāh is the Greatest, there is no God but Allāh"

Then read the 4th Kalimah:

لَا إِلَـٰهَ إِلاَّاللهُ وَحْدَهُ لاَ شَرِيْكَ لَهُ لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ يُحْيِيْ وَيُمِيتُ لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ يُحْيِيْ وَيُمِيتُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Lā ilāha illallāhu, Waḥdahu Lā Sharīka lahu, Lahul-Mulku Wa Lahul-ḥamdu, Yuḥyī Wa Yumītu, Wa huwa ʿAla 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 إِلَـٰهَ إِلاَّ اللهُ وَحْدَهُ أَنْجَزَ وَعْدَهُ وَنَصَرَ عَبْدَهُ وَ هَزَمَ الْأَحْزَابَ وَحْدَهُ

Lā ilāha illallāhu Waḥdahu, Anjaza Waʻdahu, Wa Naṣara ʻAbdahu, 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 (Ṣalawāt & Salām), do lots of Du<sup>r</sup>ā, and proceed towards Al-Marwah.

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

Rabigh fir War Ham, Antal A'az-zul Akram

"Lord Forgive and have Mercy, You are the most Majestic, most Generous."

#### <sup>c</sup>Umrah Checklist

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 <b>no</b> jogging.	
If you can't jog due to the crowd, do as much as you can.	
For men, after jogging, you should wait for the women to catch up.	
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:  الله احد الله الله الله الله الله الله الله الل	
	XXXXX

then 4<sup>th</sup> Kalimah:

# لَآ إِلَـٰهَ إِلاَّ اللهُ وَحْدَهُ لاَ شَرِيْكَ لَهُ لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ يُحْيِيْ وَيُمِيتُ وَهُوَ لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ يُحْيِيْ وَيُمِيتُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Lā ilāha illallāhu, Waḥdahu 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 read the following Du'ā:

لَا إِلَـٰهَ إِلاَّ اللهُ وَحْدَهُ أَنْجَزَ وَعْدَهُ وَنَصَرَ عَبْدَهُ وَهَزَمَ الْأَحْزَابَ وَحْدَهُ

Lā ilāha illallāhu Waḥdahu, Anjaza Waʻdahu, Wa Naṣara ʻAbdahu, Wa Hazamal Aḥzāba Waḥdah

#### <sup>¢</sup>Umrah Checklist

"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 <sup>c</sup> ā, and proceed towards Aṣ-Ṣafā again.	
Do this 7 times and you will end up at Al-Marwah. <b>Note:</b> You will have started at Aş-Şafā and finished at Al-Marwah. Aş-Şafā to Al-Marwah is one round and Al-Marwah back to Aş-Şafā is another round.	
After completing Duʻā at Al-Marwah (after the 7 <sup>th</sup> round), Saʻī will now be complete.  Pray 2 Rakʻah Nafl Ṣalāh anywhere in the Masjid, if possible, this is Mustaḥab.	

# After Sa<sup>c</sup>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. Do not cut/shave your hair on the street. Women should cut their hair back at the hotel.	
DO NOT USE PERFUMED SOAP ON HEAD (check with barber) when shaving/cutting (Start from the right side).	
For men, it is more rewarding to completely shave the head rather than just cutting the hair.	
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.	

Your 'Umrah will now be complete.

#### Recommended Actions in Makkah

irst and foremost, do not miss any Ṣalāh with congregation (Jamāʿah) 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).	
Go to Jannat al-Mu <sup>c</sup> allāh, the graveyard where	
many Ṣaḥābah ﷺ are buried including	
Sayyidah Khaḍījah 🎬 🎉.	
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.	
rbanbanbanbanbanbanba	6 back
0 00000 00000 00000 0	( )()( )()

Do as many Ṭawāf as you can. You can also perform Ṭawāf on behalf of other people like deceased relatives.	
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	



#### Madinah

isiting the City of our beloved Rasūlullāh is 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 is 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 . Familiarize yourself with the city and the great events which occurred in this blessed place. A good series of booklets 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 Saleem Dhorat Ḥafiṇahullāh 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. The graves are not marked, but again, from Maulana Saleems' booklet, you will be able to see who is buried where, including Sayyidunā Uthmān (the children and wives of Rasūlullāh) and many other Ṣaḥābah

Please remember myself and my family when you present your Salām to Rasūlullāh and make Duʿā that Allāh gives us all the opportunity to go to Madīnah again and again.



## How to Present Salām

Task	Complete
Read Durūd (Ṣalawāt & Salām) on the way to	91000
Madīnah	31631616
Before going to Al-Masjid al-Nabawī, dress in your	
best clothes including as much Sunnah as possible.	
Put on Iṭar and wear an Imāmah (turban) if you	
have one.	
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).	
<b>Note:</b> 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 مَا الله كَانَا الله كُلُولُونَا له كُلُولُونُ كُلُولُ كُلُولُونُ كُلُولُونُ كُلُولُونُ كُلُولُونُ كُلُولُونُ كُلُولُونُ كُلُولُونُ كُلُولُونُ كُلُولُ كُلُولُونُ كُلُولُونُ كُلُولُونُ كُلُولُونُ كُلُولُونُ كُلُولُونُ كُلُولُونُ كُلُولُونُ كُلُولُونُ كُلُونُ كُلُولُونُ كُلُونُ كُ	
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 اللهِ وَالصَّلَاةُ وَالسَّلاَمُ عَلى رَسُوْلِ اللهِ اَللَّهُمَّ افْتَحْ لِيْ اَبْوَابَ رَحْمَتِكَ

Bismillāhi Waṣṣālatu Wassalāmu ʿAlā Rasūlillāh, Allāh hummaf tahlī 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 Rawḍah which will be on your left. You will then see the golden enclosure, housing the blessed resting place of Rasūlullāh and his Companions 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:

Assalāmu 'Alayka Yā Rasūlallāh

You can also say the following:

Aşşalātu Wassalāmu 'Alayka Yā Rasūlallāh

Aṣṣalātu Wassalāmu ʿAlayka Yā Nabiyallāh

Aṣṣalātu Wassalāmu ʿAlayka Yā Ḥabīballāh

Assalātu Wassalāmu 'Alayka Yā Khātamal Anbiyā

اَلسَّلاَمُ عَلَيْكَ اَيُّهَا النَّبِيُّ	
وَرَحْمَةُ اللهِ وَبَرَكَاتُهُ	
اَشْهَدُانْ لَآ إِلَـٰهَ اللَّهُ	
وَ ٱنَّكَ عَبْدُهُ وَ رَسُوْلُهُ	
Assalāmu ʻAlayka Ayyuhannabiyu Wa Raḥmatullāhi Wa Barakātuhu, Ash hadu an Lā ilāha illallāhu Wa Annaka ʻAbduhu Wa Rasūluh	
Remember to convey the Salāms of all people who have asked you.	
Make Du'ā to Allāh & and make sure you do NOT raise your hands towards the grave of Rasūlullāh whilst doing so.	
Once you have finished, move 2 steps to the right and present your Salām to Sayyidunā Abū Bakr مَحْلَقَكُمْ، Recite the following:	
ٱلسَّلاَمُ عَلَيْكَ يَاخَلِيْفَةَ رَسُوْلَ اللهِ	
جَزاكَ اللَّهُ عَنْ أُمَّةِ مُحَمَّدٍ	

صَلَّى اللهُ عَلَيْهِ وَ سَلَّمَ	
Assalāmu ʻAlayka Yā Khalīfata Rasūlallah. Jazākallāhu ʻAn Ummati Muḥammadin Ṣallalāhu ʻAlayhi Wa Sallam	
Once you have finished, move 2 steps to the right and present your Salām to Sayyidunā 'Umar كالمناف	
ٱلسَّلاَمُ عَلَيْكَ يَا اَمِيْرَالمُؤْمِنِيْنَ	
جَزاكَ اللَّهُ عَنْ أُمَّةِ مُحَمَّدٍ	
صَلَّى اللَّهُ عَلَيْهِ وَ سَلَّمَ	
Assalāmu ʿAlayka Yā Amīr al-Mu'minīna.	
Jazākallāhu ʿAn Ummati Muḥammadin	
Şallalāhu ʿAlayhi 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' $\bar{\rm a}n$	Tel o
in Al-Masjid al-Nabawī.	

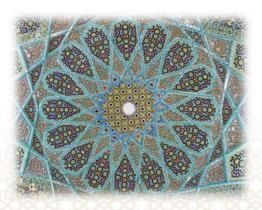
#### Du<sup>c</sup>ā when Leaving for <sup>c</sup>Umrah

After completing your personal Du'ā, say 'O Allāh, Whatever Du'ā's your Prophet 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.'

#### Jāmi<sup>c</sup> Du<sup>c</sup>ā

At each place where Du'ā is 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 and your Pious Servants made at this place, I ask of you for these things as well so please accept them from me.'



# <sup>c</sup>Umrah Prayer Quick Reference

Description	Prayer
After Şalāt al-Iḥrām	ٱللُّهُمَّ اِنِّي ٱسْأَلُكَ رِضَاكَ وَالْجَنَّةَ
<del>, , , , , , , , , , , , , , , , , , , </del>	وَأَعُوٰذُبِكَ مِنْ سَخَطِكَ وَالنَّارْ
	بِرَحْمَتِكَ يَا أَرْحَمَ الْرَاحِمِينْ
Intention for 'Umrah	ٱللّٰهُمَّ اِنِّي أُرِيْدُ الْعُمْرَةَ
Omitan	فَيَسِّرْهَالِيْ وَتَقَبَّلْهَا مِنِّي
Talbiyah	لَبَيْكَ اَللَّهُمَّ لَبَّيْكَ
	لَبَيْكَ لاَ شَرِيْكَ لَكَ لَبَيْكَ
	إنَّ الْحُمْدَ وَالتِّعْمَةَ لَكَ وَالْمُلْكَ
	لَا شَرِيْكَ لَكَ
Entering the Masjid	بِسْمِ اللهِ وَالصَّلَاةُ وَالسَّلاَمُ عَلَى رَسُوْلِ اللهِ
	ٱللّٰهُمَّ افْتَحْ لِيْ ٱبْوَابَ رَحْمَتِكَ
When seeing the Ka <sup>c</sup> bah (thrice)	اَللَّهُ اَكْبَرُ لَآ إِلَـٰهَ اِلَّاللَّهُ
Intention for Ṭawāf	ٱللُّهُمَّ اِنِّي أُرِيْدُ طَوَافَ بَيْتِكَ ٱلْحُرَامِ
	فَيَسِّرُهُ لِيْ وَتَقَبَّلُهُ مِنِي

At the beginning of Tawāf after	بِسْمِ اللهِ اَللهُ اَكْبَرُ وَ لِلَّهِ الْحُمْدُ
Intention	وَاصَّلَاةُ وَالسَّلاَمُ عَلَى رَسُوْلِ اللهِ
Istilām of Al-Ḥajr al-Aswad	بِسْمِ اللَّهِ اَللَّهُ اَكْبَرُ
On reaching Al-Rukn al-Yamāni	اَللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ
	في الدُّنْيَا وَالْآخِرَةِ
Between Al-Rukn al-Yamāni	رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَّ فِي الْآخِرَةِ
& Al-Ḥajr al-Aswad	حَسَنَةً وَّ قِنَا عَذَابَ النَّارِ
When drinking Zamzam	ٱللّٰهُمَّ اِنِّي أَسْأَلُكَ عِلْماً نَافِعاً وَ رِزْقًا
	واسِعًا
	وَشِفَاءً مِنْ كُلِّ دَاءٍ
When climbing As-Safā	أَبْدَأُ بِمَا بَدَأُ اللَّهُ بِهِ
Tiş çara	إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَايِرِاللَّهِ
At Aṣ-Ṣafā & Al-Marwah	اَللَّهُ اَكْبَرُ لَاۤ إِلَـٰهَ اِلَّاللَّهُ
The state of the s	لَا إِلَـٰهَ إِلاَّاللَٰهُ وَحْدَهُ لاَ شَرِيْكَ لَهُ لَهُ
	الْمُلْكُ وَلَهُ الْحُمْدُ يُحْيِيْ وَيُمِيتُ

	وَهُوَ عَلَى كُلِّ شَىْءٍ قَدِيرٌ لَآ إِلَـٰهَ إِلاَّ اللّٰهُ وَحْدَهُ أَخْزَ وَعْدَهُ وَنَصَرَ عَبْدَهُ وَ هَزَمَ الْأَحْزَابَ وَحْدَهُ
During Sa <sup>c</sup> ī	رَبِّ اغْفِرْ وَارْحَمْ أَنْتَ الْأَعَرُّ الْأَكْرَمْ
Comprehensive Du <sup>c</sup> ā	اللَّهُمَّ إِنَّا نَسْأَلُكَ مِنْ خَيْرٍ مَا سَأَلَكَ مِنْهُ  نَبِيُّكَ مُحَمَّدُ صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ  وَنَعُوْذُ بِكَ مِنْ شَرِّ مَا اسْتَعَاذَ مِنْهُ نَبِيُّكَ  مُحَمَّدُ صَلَّى الله عَلَيْهِ وَسَلَّمَ  وَ أَنْتَ الْمُسْتَعَانُ وَعَلَيْكَ الْبَلَاغُ  وَ لَا حَوْلَ وَ لَا قُوَةً إِلَّا بِاللهِ

# <sup>c</sup>Umrah Resources

Makkah	
<sup>c</sup> Umrah Checklist	https://islamicportal.co.uk/wp- content/uploads/2018/01/Umra
	h-Checklist-2022.pdf
<sup>(</sup> Umrah Presentation (video)	https://youtu.be/QZhf05UmwsI? feature=shared
<sup>c</sup> Umrah Presentation Slides	https://islamicportal.co.uk/wp-content/uploads/2018/04/How-to-Perform-Umrah.pdf
How to put on the Iḥrām (video)	https://youtu.be/p3SgrvVjQ10?f
(Mufti Abdur Rahman ibn Yusuf	<u>eature=shared</u>
Mangera Ḥafiẓahullāh)	
Ḥajj & ʿUmrah Travel advice for	https://islamicportal.co.uk/wp-
Wheelchair Users	content/uploads/2018/01/Hajj-
	and-Umrah-Advice-for-
	Wheelchair-Users.pdf
Women's Ḥajj Companion (How	https://islamicportal.co.uk/wp-
to pray Ṣalāh in Congregation,	content/uploads/2018/01/Wome
Janāzah Ṣalāh, special advice for sisters)	<u>ns-Hajj-Companion-4th-Edition-</u> 2022.pdf
	•
Rulings on Ḥajj & ʿUmrah	https://islamicportal.co.uk/cate gory/fiqh/hajj/
The Ḥajj of Rasūlullāh صَآعَاتِنَهُ عَلَيْهِ وَسَلَّةً	https://islamicportal.co.uk/wp-
	content/uploads/2018/01/Dhul-
	<u>Hijjah-Booklet-3rd-Edition.pdf</u>

Duʿās- Al Ḥizb al-Aʻzam	https://archive.org/download/h
	izb-al-azam/hizb-al-azam.pdf
Ziyārah guides - Makkah	https://www.islamiclandmarks.c
	om/wp-
	content/uploads/2019/03/Makk
	ah_Ziyarah_Guide_2019.pdf
	91210121012101201
Madīnah	
Presentation on Al-Masjid al-	https://youtu.be/3y1SioP6ZpA?f
Nabawī and Jannatul Baqī <sup>c</sup>	<u>eature=shared</u>
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	om/wp-
	content/uploads/2019/03/Madin
	ah_Ziyarah_Guide_2019.pdf
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orīrah of Muḥammad صَآلِنَةُ عَلَيْهِ وَسَالَمَ	https://www.youtube.com/playl
Series - Presentations	<u>ist?list=PL_DqZ7TR1CCkD-</u>
	fbWNPqoSp9mpudYiphu
	PP99P9P9P9P9
صَا آلِنَّهُ عَلَيْهِ وَسَلَّمَ Sīrah of Muḥammad	https://islamicportal.co.uk/engli
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