

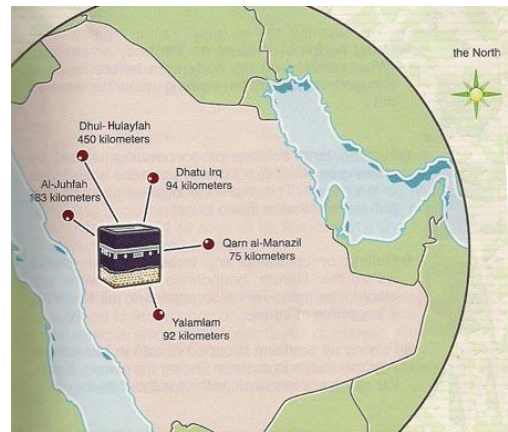
Step by Step Umrah Guide

This is our basic step by step guide to *Umrah* with all the essentials. It is a brief guide showing you the minimum requirements for your Umrah to be valid. For the sake of brevity, it does not go into the details of what is *fard* or *wajib*. It does however mention some very popular *sunnah* (recommended) acts which are obviously optional, and the Umrah validity is not affected if missed. There are many more optional acts that you can perform during your Umrah to gain extra reward. Please refer to our intermediate and advance guides in the Education section of our website www.kmtravels.co.uk once you have mastered the basics below.


STAGE 1 – IHRAM AT OR BEFORE THE MEEQAT

1 – Know Your Meeqaat

- When traveling to Makkah for your Umrah, *meeqaat* ميقات is a prescribed place from where your *Ihram* starts. You cannot go past this point without being in the state of *Ihram*. There are various *meeqaat* locations depending on which country/city you enter Makkah from. You could be arriving at Makkah from another country or travelling from your Madinah hotel to Makkah.



Meeqaat For pilgrims coming from outside Makkah there are 5 places from where they can put on their *Ihraam*.



- Dhul-hulaifah, or Abyar Ali or Abraar Ali**
→ Pilgrims coming from Madinah and from the North
- Dhat-Iraq**
→ Pilgrims coming from the direction of Iraq
- Qarn al-Manazil or As-Sayl**
→ Pilgrims coming from the Bahrain, Dammam, Riyadh(Najd), Qatar, Kuwait, Australia, Malaysia, Pakistan, India and the east. It is situated near Taif.
- Al- Juhfah (near Rabigh)**
→ Pilgrims coming from Syria, Egypt, Libya, Algeria, Morocco, UK, America and Canada and its direction adopt *Ihraam* from Rabigh
- Yalamiam(As-Sadiyah)**
→ Pilgrims coming from Yemen, South Africa, Nigeria and the South

- Well before you travel to your meeqaat, at your home or hotel, wherever you happen to be, shave your underarms and pubic hair, cut your nails if need be and take a shower.
- If you are arriving at Jeddah airport and are proceeding directly to Makkah to perform your Umrah, the aeroplane will pass the meeqaat before you land, and the pilots usually make an announce on the PA system giving you ample time to change into your ihram. Therefore, you must complete steps 2-7 below before you land. You can do that either at your home, your airport of departure, at the connecting airport if you are on an indirect flight, or on the plane about an hour before you land at Jeddah airport, or when the announcement is made on the PA system. If you are flying direct from Europe, your meeqaat is Juhfa.
- If you are already in Saudi Arabia and are going from Madinah to Makkah for your umrah, the meeqaat is a place called *Abyar Ali* previously known as *Dhul-Hulayfah*, and it is on the outskirts of Madinah. Your driver will know where it is and will take you there.

2 – Get into State of Ihram

- By now you know where you will enter into the state of Ihram.
- Make sure you have *wudhu* when entering into the state of Ihram.
- Men wear two sheets of cloth, preferably white. Women remain in their normal wear, they don't have any specific Ihram dress code.



3 – Pray Two Units of Ihram

- Pray two units of Ihram like any other *nafl* prayer. Please note that it is a sunnah to recite *Surah Al-Kafiroon* in the first unit and *Surah Al-Ikhlās* in the second.

4 – Make Niyah for Umrah

- Make *niyyah* (intention) for Umrah. It can be in any language, not necessarily in Arabic. There are various versions of the niyyah, all are valid; the point is to make a conscious intention for Umrah. Below is an example niyyah in Arabic and in English.

اللَّهُمَّ إِنِّي أُرِيدُ الْعُمْرَةَ فَيَسِّرْهَا لِي وَتَقَبَّلْهَا مِنِّي اللَّهُمَّ مَحَلِّي حَيْثُ حَبَسْتَنِي

O Allah I make an intention for Umrah, so make it easy for me and accept it from me. I will come out of the Ihram before completing Umrah if I am incapacitated (due to any illness, accident, tragedy or calamity).

5 – Read Talbiyyah

- Now read *talbiyyah* as below at least once, thrice is recommended.

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

Labbayk, Allahumma labbayk. Labbayk, laa shareeka laka labbayk. Innalhamda wanni'mata, laka wal-mulk, laa shareeka lak.

“Here I am, O Allah, here I am. Here I am, You have no partner, here I am. Verily all praise and blessings are Yours, and all sovereignty, You have no partner”

You are now in the state of Ihram. It is recommended to keep reciting this talbiyyah until you reach the ka'bah for your Umrah.

6 – Read Darood/Salawaat and Make Du'aa

- Now that you are in the state of Ihram, it is advised to read *darood*. You can read any darood, and everyone knows darood-e-Ibraheemi (the one you read in your prayer), and that is the best one to read.
- Finally make a *du'aa*.

7 – Restrictions of Ihram

- While you are in the state of Ihram, the following restrictions apply:
 - Do not cut your hair.
 - Do not trim your nails.
 - Do not apply perfume (including scented soap, shampoo, or wet wipes that come with meals).
 - Do not wear gloves.
 - Do not touch your wife/husband with desire.
 - Do not consummate a marriage contract.
 - Do not hunt any wild animals.



- **Specific for Men:**

Do not cover your head, not even with your Ihram sheet or prayer cap.

Do not wear clothes sewn to the shape of your body. That includes undergarments.

Do not wear socks or shoes. Wear only flip-flops.



The raised bone of your foot near the ankle joint must always remain bare, numbered in red in the following image.

Tarsals

Dorsal view (top of foot); Rt. foot

- 1 = Calcaneus (heel bone)
- 2 = Talus (ankle bone)
- 3 = Navicular
- 4 = Medial Cuneiform
- 5 = Intermediate Cuneiform
- 6 = Lateral Cuneiform
- 7 = Cuboid



- **Specific for Women:**

- Do not cover your face or hands. However, in the presence of men you may cover your face as Aisha RA used to do, without allowing the cover to touch your face.

8 – A Reminder - Talbiyyah

- The best dhikr during Ihram is the talbiyyah, so keep reciting it until you reach the *ka'bah* for your tawaf.

9 – At Your Makkah Hotel

- Freshen up and take any necessary rest you need. You can take another shower if you like, **remember the restrictions of Ihram still apply**. So do not use any scented soap/shampoo/gel, or violate any other Ihram restrictions.
- You can use a towel to wipe your body, but make sure not to cover your head or face with it, and not rub so hard that it breaks hair on your body. Men will wear the Ihram sheet at the end of the shower. For women, their normal wear will suffice.
- When ready, you can proceed to *AlHaram الحرم* aka *Masjid al Haraam* مسجد الحرام (the Ka'bah Mosque).

10 – Entering Masjid al Haraam

- Masjid al Haraam has many doors you can enter from. We advise to enter through the King Abdul Aziz Door, it has the most convenient access to the *mataaf* (the *tawaf* area).
- It is a sunnah to enter a masjid with the right foot saying:

بِسْمِ اللَّهِ وَالصَّلَاةِ وَالسَّلَامِ عَلَى رَسُولِ اللَّهِ اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Bismillaah (In the name of Allah) **was-aalaatu was-salaamu 'ala rasoolillaah** (and may the peace and blessings of Allah be upon Allah's Messenger) **Allahumma iftah-li abwaaba rahmatik** (O Allah, open for me the doors of your Mercy).

If you forget to do so, it does not affect the validity of your Umrah.

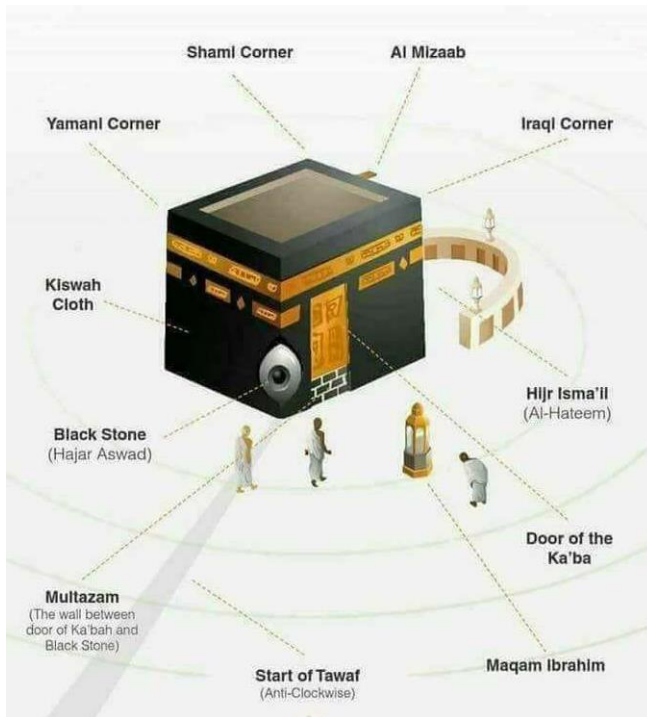
- It is not compulsory but recommended to make a du'aa when you first see the ka'bah. The du'aa at your first sight of the ka'bah has a higher chance of acceptance.
- Now find your way to the mataaf.

11 – Final Ihram Setting - Idhtibah

- Men need to make one final adjustment to their Ihram before starting the tawaf of the ka'bah. Slip the Ihraam sheet under your right underarm, from the back. Then throw it over your left shoulder, from the front. This way your right shoulder will remain exposed and the left shoulder covered. This way of dressing Ihram is called *Idhtibah* اضطباع, and it is a sunnah. It is to remain so throughout the tawaf of the ka'bah. Women need not make any change for this stage.

STAGE 2 – TAWAF (CIRCLING AROUND THE KA'BAH)

12 – At the Starting Point of Tawaf



- Please note that you must be in wudhu during tawaf, otherwise the tawaf will not be valid.
- Stand in line with *Hajr alAswad* (the Black Stone) with the big green light (shown below) on your right.



- Face the Black Stone and make the niyyah for the tawaf of the Ka'bah. An example text is given below:

اللَّهُمَّ إِنِّي أُرِيدُ طَوَافَ بَيْتِكَ الْحَرَامِ سَبْعَةَ أَشْوَاطٍ فَيَسِّرْهُ لِي وَتَقَبَّلْهُ مِنِّي

O Allah I make an intention to make seven round of the ka'bah, make it easy for me and accept it from me.

- Recite بِسْمِ اللَّهِ وَاللَّهُ أَكْبَرُ. Raise your hands to your ear lobes like you do in prayer and let them fall. This is done only at the beginning of the first round of tawaf and not in every round.
- It is a sunnah to kiss the Black Stone, but it is almost impossible to do so due to huge crowds. So, raise your hands again and point your palms to the Black Stone, and recite:

اللَّهُ أَكْبَرُ لَا إِلَهَ إِلَّا اللَّهُ وَالصَّلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللَّهِ

kiss and then lower your hands without making any sound. This raising of hands, pointing palms and kissing hands is called *istilaam* استلام and it is a sunnah. Now you can begin the tawaf.

13 – Do the Tawaf (go around the Ka'bah seven times)

- There is no specific du'aa for tawaf, you can make any dhikr or recite any du'aa during the tawaf. The third and the fourth Kalima are very common, you can find the these at the end of this document.
- Each time you complete a circle and find yourself in-line with the Black Stone, turn your face towards the stone, raise your hands, point your palms towards the stone and say

اللَّهُ أَكْبَرُ لَا إِلَهَ إِلَّا اللَّهُ وَالصَّلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللَّهِ

kiss your hands and begin your next tawaf. You must complete seven rounds in total like this.

- It is a sunnah for men to walk briskly in the first **three** rounds if possible, without causing any inconvenience to others. This brisk walk is called *Raml* رمل.
- It is a sunnah to read the following du'aa when walking between *rukn al-yamaani* (the Yemeni corner, please see the picture) and the corner of Black Stone.

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

O Allah grant me the good of the world and of the hereafter, and save me from the punishment of the fire.

- At the end of the 7th round, it's a sunnah to do another istilaam (this will be the 8th istilaam)
- Now men will end the idhtibah i.e they will cover both shoulders with their Ihram sheet.

STAGE 3 – TWO RAK’AH AT THE MAQAM-E-IBRAHEEM

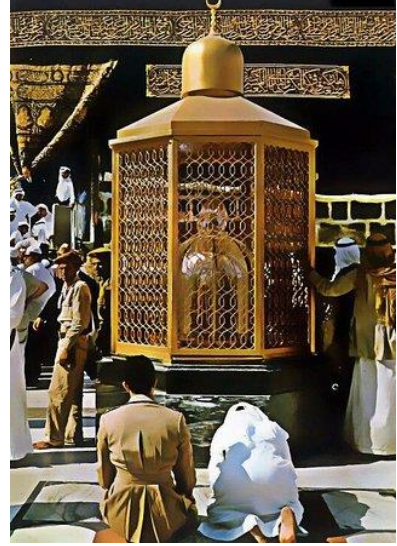
14 – Go to Maqam-e-Ibraheem (the Station of Ibraheem)

- While walking to *Maqam-e-Ibrahim*, it is a sunnah to recite the following verse:

وَاتَّخِذُوا مِنْ مَّقَامِ إِبْرَاهِيمَ مُصَلًّى

And take of the station of Ibraheem as a place of prayer.

- Find a suitable place behind the maqam to pray two nafil of tawaf. If it is crowded, the two nafil can be prayed anywhere in the mosque. These nafil are NOT optional.
- It is a sunnah to recite Surah Al-Kafiroon in the first unit and Surah Al-Ikhlās in the second.
- Make du’aa.



15 – Go to the Zamzam Taps

- Drink *Zamzam*, pour it over your head, and make du’aa.
- It is a sunnah to make the following du’aa:

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا وَرِزْقًا وَاسِعًا وَعَمَلًا صَالِحًا وَشِفَاءً مِنْ كُلِّ دَاءٍ

Oh Allah I ask for beneficial knowledge, abundant rizq, good deeds and cure from all ills.

16 – Return to Black Stone and Kiss, or do Istilaam

- This will be your 9th Istilaam and just before your *Sa’ee*, the running between Safa and Marwah, the next stage.

STAGE 4 – SA’EE BETWEEN SAFA AND MARWAH

17 – Proceed to Mount Safa

- As you near it, it is a sunnah to recite the verse:

إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ

Verily Safa and Marwah are among the signs of Allah.



18 – Make Niyah of Sa’ee

- While Sa’ee سعى without wudhu is valid, wudhu is still highly recommended for *barakah* (blessing) and reward.
- When at Safa, make an intention of Sa’ee between Safa and Marwah, below is an example text:

اللَّهُمَّ إِنِّي أُرِيدُ السَّعْيَ بَيْنَ الصَّفَا وَالْمَرْوَةَ سَبْعَةَ أَشْوَاطٍ فَيَسِّرْهُ لِي وَتَقَبَّلْهُ مِنِّي

Oh Allah I make an intention of running between Safa and Marwah seven times, so make it easy for me and accept it from me.

19 – Make Your Own Du’a

- Pray for anything from the goodness of this life and the next. Pray for yourself, for the dead from your friends and family and for the entire *ummah*, past and present.

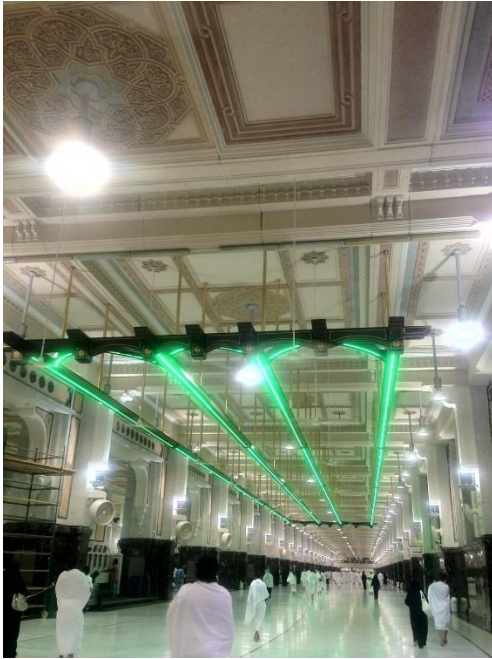
20 – Leave Mount Safa and Walk to Mount Marwah

- Start walking from Safa towards Marwah.
- There is no specific du’aa for Sa’ee, you can recite anything. The following du’aa however is proven from sunnah for Sa’ee:

اللَّهُمَّ اغْفِرْ وارْحَمْ وَأَنْتَ خَيْرُ الرَّاحِمِينَ

Oh Allah forgive me and have mercy on me, and you are the best of those who have mercy.

- Some distance from Safa, you will see a set of green lights. It is a sunnah for men to jog between these lights.



- At the end of the green light, resume normal pace and keep walking until you reach the Mount Marwah. This is the completion of one circuit.

21 – Stand on Mount Marwah

- Make du’aa here like you did at Safa.
- Walk towards Safa.
- Men are recommended to jog between the green lights again.
- When you reach Safa, this is the end of your second circuit.

22 – Complete the Sa’ee

- Run and complete seven circuits in total between Safa and Marwah. Your 7th circuit will end at Marwah.
- If you wish, you can perform two nafl prayer in the masjid, before leaving for a haircut, the next stage.

STAGE 5 – SHAVE OR TRIM HAIR

23 – Shave or Trim Your Hair

- Men go to a barber for a hair trim with a trimmer/scissors from all over the head. Head shave with a blade is recommended though. The shave carries more reward.
- **Specific to women:** Cut about a centimetre of hair, preferably at their hotel.

24 – Mabrook! Your Umrah is Now Complete

- You can come out of your Ihram sheets, into your normal wear. Ihram restrictions do not apply anymore.
- A shower is recommended to freshen up.

The third and the fourth Kalima for tawaaf

Third Kalima Tamjeed

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ
وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ ط

اللہ پاک ہے اور سب تعریف اللہ کے لئے ہے اور اللہ کے سوا کوئی معبود نہیں اور اللہ بہت بڑا ہے گناہوں سے بچنے کی طاقت اور نیک کام کرنے کی توفیق نہیں مگر اللہ کی طرف سے جو بہت بلند عظمت والا ہے۔

Glory be to ALLAH and all praise be to ALLAH and there is none worthy of worship except ALLAH, and ALLAH is the Greatest. And there is no might or power except with ALLAH, the Exalted, the Great One.

- ◆ BOLD READ
- ◆ GHUNNAH
- ◆ QALQALA
- ◆ MAKE IKHFA

Fourth Kalima Touheed

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ
يُحْيِي وَيُمِيتُ وَهُوَ حَيٌّ لَا يَمُوتُ أَلَدًا ذُو الْجَلَالِ
وَالْإِكْرَامِ ط بِيَدِهِ الْخَيْرُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ ٥

اللہ کے سوا کوئی معبود نہیں وہ اکیلا ہے اس کا کوئی شریک نہیں، اسی کے لئے ہے بادشاہی اور اسی کیلئے تعریف ہے وہی زندہ کرتا اور مارتا ہے اور وہ زندہ ہے اور اس کو ہرگز کبھی موت نہیں آئے گی بڑے جلال اور بزرگی والا ہے۔ اس کے ہاتھ میں جھلائی ہے اور وہ ہر چیز پر قادر ہے۔

There is none worthy of worship except ALLAH. He is alone and has no partner. To Him belongs the Kingdom and for Him is all praise. He gives life and causes death. And He is alive. He will not die, never, ever. Possessor of Majesty and Reverence. In His hand is all good and He has power over everything.

- ◆ BOLD READ
- ◆ GHUNNAH
- ◆ QALQALA
- ◆ MAKE IKHFA