

# **Umrah** An easy guide to Umrah





## Umrah: About app, Travel and Knowledge

This App is to help you understand the core elements of performing Umrah and Hajj.

## The Chapter exclude:

- Women menstrual.
- Procedure on sick, illness and elders.
- Detailed Fiqh.
- The procedures for Ifrad and Qiran Hajj.

The app is mainly focussing on Umrah and Tamattu Hajj.

Note: Make sure you have sufficient knowledge if you are travelling with women, sick or elders.

## TRAVEL PREPARATIONS

Health and illness prevention

- Get all your important vaccination in advance.
- Get sufficient medicine if you are on a prescription.

Optional: Face masks, painkiller, cough, cold and flu tablets or syrup.

Pharmacies are available in both Makkah and Medina.

## **OBTAINING THE KNOWLEDGE**

## Get your knowledge from

- Attending Hajj seminars
- Reading authentic books
- Knowledgeable Sheikh or Imams
- Online lectures
- Memorise important Duas

## **Recommended books**

- Hajj Umrah and Ziyarah by Abdul-Aziz Bin Abdullah Bin Baz.
- Hisnul Muslim or Fortress of the Muslim (Available in various languages)
- Download good Apps.

## WARNING: Following others without knowledge

Do not follow or join with others on any Ibadah that you are not 100% sure. Many Bid'ah and Shirk takes place by different groups or people which looks pleasing in the eyes.

## REPENT AND SETTLING DEBT

## Repent

- Make sincere Tawba for all your sins.
- Ask forgiveness from your Parents, Family, Friends and Neighbours.

## **Outstanding Debt**

• Make sure to pay all your outstanding debt.

If not possible, make an arrangement or agreement with the lander. Also make sure that your debts are made aware by your family members.

## TRAVELLING ESSENTIALS

## Buying all necessary items

Only buy what is necessary for the duration. Do not buy excessive.

## List of basic items

- Ihram and Ihram belt.
- · Good comfortable walking sandals (Must).
- A bag to carry sandals (Must).
- Tooth brush and paste.
- Device charger/ Power bank.
- Perfume free deodorants, cream etc.
- Sleeping bag (for Muzdalifah, may be required).
- An Umbrella (Optional)
- Good water bottle/flask

**NOTE:** There is no specific clothing for the women; they may wear any comfortable clothing like Burka.

ADVICE: DO NOT compromise on buying cheap sandals.

## HAJJ AND UMRAH ADVICE

## **Being Patients**

Being patient is a big part of your Hajj and Umrah. Your patience will be tested throughout your Hajj and Umrah journey.

• Do not involve in unnecessary Fiqh issues.

• Control your emotions when finding an opportunity to kiss the black stone (Hajar Al-Aswad) as it tends to get frustrating to find an opportunity to get close.

• Do not obstruct Tawaf to pray behind Maqam-e-Ibrahim.

• Do not harm any Hajis with your tongue.

#### In Sha Allah you will be rewarded for being patient.

## Before leaving home

- Get all necessary documentation packed.
- Check passport and visa validity.
- Pack all necessary items.

## Personal task

- Take a shower.
- Remove all un-wanted hairs.
- Clip your nails. and Trim moustache etc.
- You may use perfume if you are not wearing Ihram.

## Recommended

You may perform 2 Raka'ah Nafl with Surah Kafirun and Ikhlas at home or at the airport.

## This can be done before or after wearing the Ihram.

## **IMPORTANT!** WEARING IHRAM

## When and where to wear Ihram?

Ihram **MUST** be worn before reaching Miqat.

Wearing Ihram depends on where you are travelling first (Makkah or Medina). Also based on your flight stoppage transit.

## If travelling to Makkah

- You can wear Ihram from your house.
- From your city airport.
- From transit airport terminal.

**WARNING:** All restriction applies once you are in Ihram; decide which is the best option that suits you most.

## If travelling to Medina

Wear your normal clothing, do not wear Ihram.

**Note:** There is the Miqat point for the people travelling from Medina to Makkah for Umrah, known as Dhu'l-Hulayfah.Your coach/bus/taxi will stop there for you to get into Ihram.

**IMPORTANT:** You must then follow all the steps from STEP 3 when travelling from Medina or any other cities to Makkah.

## LEAVING HOME

Recite the following Dua when leaving home.

بِسْمِ اللهِ، تَوَكَّلْتُ عَلَى اللهِ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللهِ

Bismillah; Tawakkaltu alal'lah; Wa la-hawla wa laqoo-ata illa billah.

Recite the following Dua when travelling towards the airport or. **Dua for Journey** 

اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِينِينَ وَإِنَّا إِلَى رَبِّنَا لَمُنْقَلِبُونَ، اَللَّهُ جَمَ إِنَّا نَسَأَ لُكَ فِي سَفَر نَاهَذَا الْبِرَّ وَالتَّقُوَى، وَمِنَ الْعَمَلِ مَاتَرْضَى، اَللَّهُ جَهَدَق نُعَلَيْنَا سَفَرَ نَاهَذَا وَاطُو عَنَّا بُعُدَهُ، اَللَّهُ جَ أَنْتَ الصَّاحِبُ فِي السَّفَرِ، وَالْخَلِيفَةُ فِي الْأَهْلِ، اَللَّهُ جَمَ إِنِّى أَعُوذُ بِكَمِنَ وَعُنَاء السَّفَر، وَكَابَةِ الْمَنْظَر، وَسُوءِ الْمُنْقَلَبِ فِي الْمَالِ وَالْأَهْلِ

Allaahu akbar; Allaahu akbar; Allaahu akbar; Subhanal'ladhi sakh'kha ra'lana hadha wama kunna lahoo muk-ree'neen; Wa inna ela rabbina la'mun qaali'boon. Allaahumma innaa nas'aluka fee safa'reenaa ha-dhal bir'ra wat-taqwaa; Wa minal-amali maa tar-daa; Allaahumma haw'win alay-naa safa'ranaa haa-dha wat'wee annaa bu'dah; Allaahumma antas saa-ḥibu fis-safar; Wal-khalee'fatu fil-ahl; Allaahumma innee a'udhu-bike min wah'saa iss-safar; Wa kaaba'til manẓar; Wa soo'il mun'qalabi fil-maali wal-ahl.

## UPON OR AFTER WEARING THE IHRAM

## When do I make Niyyah and reciting Talbiyah?

• **DO NOT** make the Niyyah now. Make Niyyah before reaching Migat.

• DO NOT start reciting the Talbiyah.

Talbiyah are to be recited after making the Niyyah

## Umrah: Before arriving toward Miqat and Tilbiyah

## Wearing Ihram is FARD

- You MUST wear the Ihram by now; it is FARD to wear Ihram before reaching Migat.
- Perfumes or anything that has been scented is NOT permissible after wearing Ihram.

## Making Niyyah for Umrah (FARD)

• Make Niyyah for the Umrah now.

## Arabic Niyyah:

**STEP 5** 

لَبَّيْكَ اَللَّهُ جَمُرَةً

Labba-ye'ka Allah hummah bil Umrah

Note: Niyyah can be made in your own language, once Niyyah is made all Ihram restriction applie.

## **Reciting Talbiyah is WAJIB**

- Men to start reciting Talbiyah in audible voice.
- Women recite Talbiyah without any sound.

Note: Minimum once is Wajib. Continue reciting Talbiyah throughout the journey.

## TILBIYAH

Continue reciting the following Talbiyah throughout the journey. Talbiyah (Dua)

لَبَّيْكَ ٱللَّهُ جَ لَبَّيْكَ، لَبَّيْكَ لَاشَرِيكَ لَكَلَبَّيْكَ، إِنَّ ٱلْحَمْدَوَ ٱلنِّعْمَةَ لَكَ وَ ٱلْمُلْكَ لَا شَرِيكَ لَكَ

Labbayk Allaahumma labbayk; Labbayka laa shareeka laka labbayk; In'nal-ḥamda; Wan-ni'mata; Laka wal mulk; Laa sharee ka'lak.

STEP 6

Umrah: Hajj terminal to Hotel

Upon arriving in Hajj terminal (Jeddah), expect long delay at the airport, be patient.

• Expect long immigration.

- Foods and drinks are available outside the airport Hajj terminal.
- Follow your group instruction.

#### Continue Talbiyah during the airport stay and toward travelling to your hotel (Makkah).

#### **TRAVELLING TO HOTEL**

Continue reciting Talbiyah throughout the full journey from airport to the hotel.

#### Arriving at the Hotel

- Leave all belongings. Eat, take shower and rest.
- Your next task is to perform Umrah therefore; you need to be fully prepared mentally and physically.

**NOTE:** Your group will decide when to perform Umrah (be prepared) and carefully follow their instruction especially if this is your first time.

## **RESPECTING AL-HARAM**

## YOUR RESPONSIBILITY FOR THE HOUSE OF ALLAH

The boundary of the Al-Haram is scattering with litter and food! Be respectful to the house of Allah.

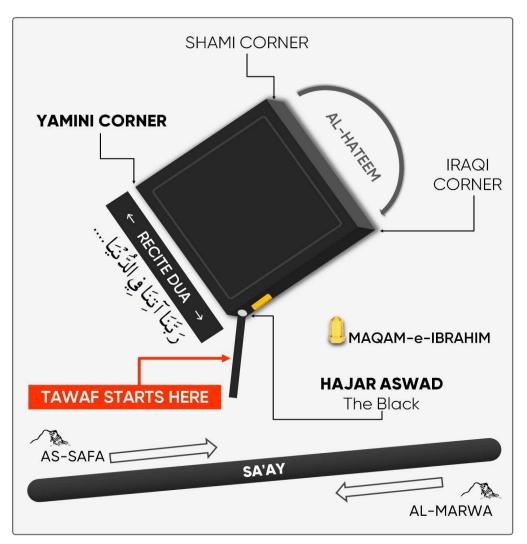
- Find nearest bin for dumping your litter.
- If not available, take your litters to your hotel and bin it.
- DO NOT litter the street just because everyone else is doing so!.

## Be responsible and keep the holiest place on earth clean and tidy.



## UNDERSTANDING AL-HARAM COMPLEX

Al-Haram Complex



## USEFUL ADVICE

- Try getting familiar with Al-Haram.
- Find out where the exit and Wudu areas are located.
- Zamzam is available throughout Al-Haram complex.
- Setup a meet-up location inside and outside Al-Haram especially if you are with family or children.

## WUDU

**STEP 8** 

**NOTE:** You **MUST** be in a state of Wudu when performing Umrah (Tawaf).

- Make Wudu from the hotel.
- Continue reciting Talbiyah until you reach Masjid Al-Haram.

**NOTE:** The group will recommend you to follow them during the Umrah, however this is unrealistic and high possibility you are bound to get lost in the crowd.

If you do manage to stay with the group then the **Khushu** of Umrah decreases as your focus on the group instead of Umrah.

**ADVISE:** Find a suitable meet-up area outside Al-Haram complex and let the group leader know that you will meet them at the designated location after performing the Umrah



**IMPORTANT:** Make sure you are in a state of Wudu.

**INFO:** Wudu area is available inside and outside of Al-Haram.

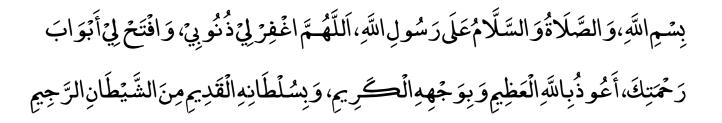
- Enter Al-Haram from any gates with right foot first.
- Upon enter STOP reciting Talbiyah.

Recite the following Dua upon entering Al-Haram.

Bismillah;

Was'salaatu was'salamu ala rasoolil'lah; Allahummaf tah'lee ab-waa'ba rahmatik.

You may recite the optional Dua.



Bismillah; Wassalatu wassalamu ala rasoolil-lah; Allah-humagh'fir-lee dhunu-bih; Waf-tahlee ab-waba rahmatik; a'udhu-billah hil-adeem; Wa bi'wajhi hil-Kareem; Wa bi'sultani-hil qadeemi minash shayta-nir-rajeem.

#### AFTER ENTERING AL-HARAM

#### Upon seeing Baitullah (Ka'bah)

Recite sura AI-Fatiha then raise your hands and make sincere Dua, either in Arabic or in your own language.

#### **Tahiyatul Masjid**

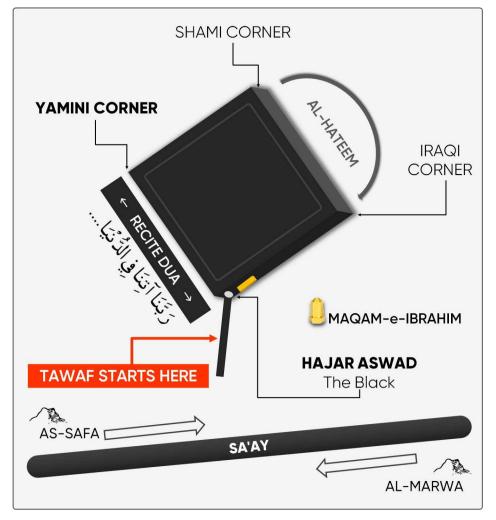
There is no Tahiyatul Masjid or any other Nafl Salah before Umrah.

## IF FARD SALAH DUE

Only Fard Salah is permissible if due before starting Tawaf.

**IMPORTANT:** Tawaf starts from the Hajar Al-Aswad corner (Black stone corner).

There is a black mark (line) on the floor where Tawaf start.



Ihram position



## Upon reaching the black line (Hajar Al-Aswad)

Raise your right hand toward Hajar Al-Aswad and recite:



Bismillah'hi Allah hu Akbar.

## START TAWAF

**Note:** Kissing Hajar Al-Aswad is unrealistic at most time; it is sinful to hurt Haji's just to kiss the Hajar Al-Aswad.

It is permissible to raise hand and start Tawaf when kissing Hajar Al-Aswad is not possible.

**STEP 10** 

Umrah: During all SEVEN round (Tawaf)

**REMEBER:** To wear the Ihram is under your right armpit and over your left shoulder during all **SEVEN** rounds.



# WOMEN

Wear NORMAL clothing.

## For the first THREE round (Tawaf)

- Men to Rami (hasten/power walk).
- Women to walk as normal.

## For the remaining the last FOUR round (Tawaf)

- Men and women walk normal
- Note: Yamini corner to Hajar Al-Aswad
- Men and women walk normal
- Recite the following specific Dua (See below)

## DUA DURING ALL SEVEN ROUND (Tawaf)

## Yamini corner to Hajar Al-Aswad (Walk normal)

Recite the following Dua as many times as possible.

رَبَّنَا آتِنَافِيالدُّنْيَاحَسَنَةًوَفِي الْآخِرَةِحَسَنَةًوَقِنَاعَذَابَ النَّارِ

Rabbana atina fid-dunya hasana; Wa-fil akhira'ti hasana; Waqina adha-ban'nar.

## Dua for other THREE corners and during all SEVEN Tawaf

There is no specific Duas are to be recited during seven Tawaf except for above.

- Recite any Dua's from memory.
- Recite Quran.
- Make Istighfar.
- Ask forgiveness for all your sins.
- Make Dua for family and friends.

**NOTE:** Dua can be in any language.

WARNING: Stay away from any group Duas, specific Dua for each round and avoid following other.

Be sincere on your Duas, open your heart, cry and ask Allah's forgiveness.

## WUDU BREAKS DURING TAWAF

You MUST be in the state of Wudu for Tawaf. If Wudu breaks, find the nearest Wudu area and make Wudu.

- After Wudu, you don't need to start Tawaf from the beginning.
- Remember your COMPLETED Tawaf before your Wudu broke.
- Start your remaining incomplete Tawaf from Hajar Al-Aswad.

**Example:** After completed THREE rounds, your Wudu breaks midway during the FOURTH round, which means you, have completed THREE rounds therefore after performing Wudu you would make up FOUR more round to complete the Tawaf.

## **STEP 11** Umrah: After completing all SEVEN round (Tawaf)

Now COVER YOUR BOTH SHOULDERS with Ihram.



## Offering 2 Rakah behind Maqam-e-Ibrahim

Pray 2 Rakah with Sura Kafirun and Al-Ikhlas as close as conveniently possible behind Maqam-e-Ibrahim, without obstructing other Haji's who is performing Tawaf.

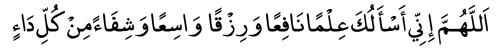
**Note:** This may not be possible during the Hajj period; however it is permissible prey anywhere within the Al-Haram.

## Drinking Zamzam water

Drink Zamzam water (available throughout Al-Haram)

**Recommended:** Rub Zamzam water on your face and body and make Dua.(Always drink plenty of Zamzam during your stay).

## Recite following Dua when drinking Zamzam water.

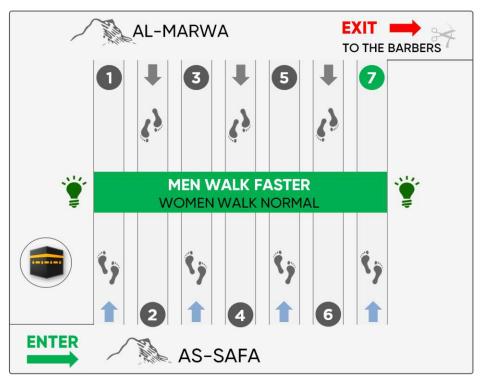


Allahumma inni as'aluka ill'maan nafian; Wa rizqan; Wa si'an; Wa shifa'an min kulli daa'in.

**STEP 12** 

## Umrah: Understanding and going toward Sa'ay

Sa'ay complex is located on RIGHT SIDE of Hajar Al-Aswad



## GOING TOWARD MOUNT AS-SAFA (SA'AY)

Recite the following Dua when leaving the Ka'bah complex.

Bismillah;

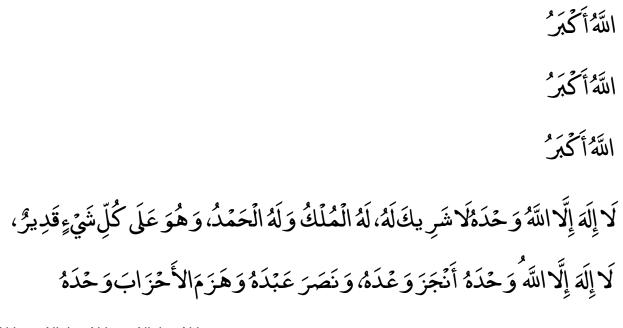
Was'salaatu was'salamu ala rasoolil'lah; Allahumma innee as'aluka min fadlik. **IMPORTANT:** Make sure both of your shoulders are covered with Ihram.

Upon approaching Mount As-Safa, the following Ayat (verse) is to be recited.

In'nas safa wal marwata min-shaa irillah; Faman Hajj'jal baita aa-wi'tamara; falaa jonaa-ha alai'hi aan yat'taw-wafa bi'hima; Wa maan ta'taw-wa aa'khiran fa'innallaha shaa-kirun aaleem.

## **UPON REACHING MOUNT AS-SAFA**

On top of mount As-Safa, face the Qiblah, raise your hand and recite 3 times the following Dua.



Allahu Akbar, Allahu Akbar, Allahu Akbar; LLaa-ilaha illal-lah; Wah dahu laa-sharee kalah; Lahul mulku wa-lahul hamd; Wa-huwa ala kulee shay'in qadeer; La ilaha illallahu wah'dahu anjaza wa'dah; Wa nasara abdahu, wa hadha'mal ahzaba wahdah.

NOTE: You may also make personal Dua before starting Sa'ay.

Start Sa'ay Walk toward mount Al-Marwah

## Dua for Sa'ay

There is no specific Dua for Sa'ay, you may recite any Duas from heart, memory or by looking at good Dua books between mount As-Safa and Al-Mahwah.

You may also recite portions of the Quran. You may recite the Dua below on Sa'ay (Optional)

سُبْحَانَ اللهِ، وَالْحَمْدُلِلَّهِ، وَلاَ إِلَنهَ إِلاَّ اللَّهُ، وَاللَّهُ أَكْبَرُ، لاَ حَوْلَ وَلاَ قُوَّةَ إلاَّ باللهِ

Subhan Allah; Wal hamdulilah; Wa la illaha illallah; Wallahu Akbar; La hawla wa laqu-aata illah billah.

## **Between 2 Green lights**

• Men are to power walk (Rami).

• Women walk normal.

سُبْحَانَاللهِ، وَالْحَمْدُلِلَّهِ، وَلاَ إِلَىٰهَ إِلاَّاللَّهُ، وَاللَّهُ أَكْبَرُ، لاَحَوْلَ وَلاَ قُوَّةَ إِلاَّ بِاللَّهِ

## Upon reaching mount Al-Marwa

On top of mount AI-Marwa, face the Qiblah, raise your hand and recite THREE times the following Dua.

اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلَّشَيْءٍ قَدِيرٌ، لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ، أَنْجَزَ وَعُدَهُ، أَنْجَزَ وَعُدَهُ ، وَنَصَرَ عَبْدَهُ، وَهَزَ مَالأَحْزَ ابَوَحْدَهُ

Allahu Akbar, Allahu Akbar, Allahu Akbar; LLaa-ilaha illal-lah; Wah dahu laa-sharee kalah; Lahul mulku wa-lahul hamd; Wa-huwa ala kulee shay'in qadeer; La ilaha illallahu wah'dahu anjaza wa'dah; Wa nasara abdahu, wa hadha'mal ahzaba wahdah.

## Now Start walking toward mount As-Safa

## Repeat procedure for 7 times

• You will repeat the same procedure for all 7 rounds.

• Your SEVENTH round is to complete on mount Al-Marwa.

You may offer 2 Rak'ah Nafl on mount Al-Marwah (If possible) followed by a long Dua.

Leave Al-Haram toward the **Barbers** by reciting.

بِسْمِ اللهِ، وَالصَّلَاةُ وَالسَّلَامُ عَلَى رَسُو لِ اللهِ، اَللَّهُ مَّ إَنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

Bismillah;

Was'salaatu was'salamu ala rasoolil'lah; Allahumma innee as'aluka min fadlik.

## Haircut

- Men are to either shave or trim. (Shaving is highly rewarded)
- Women to cut one inch (1 inch) from the tip of their hair by a Mahram.

Congratulation! Your Umrah is now completed and FREE from all Ihram restrictions.

HUMBLE REQUEST: Please remember us in your Duas

## AFTER COMPLETION OF UMRAH

Depending on your package you may have few free days before start of Hajj (8th Dhul-Hijjah).

## What can you do or recommended

- You may visit various sites (arrange by your group) or by hiring private taxi.
- Try to spend maximum time in Al-Haram.
- Any opportunity, make Tawaf.
- Prey Nafl Salah in Al-Haram.
- Recite Qur'an.
- Memorize Suras and Duas.
- Learn and recite Morning and Evening Adhkar (after Fajr and Asr).
- If tired Just stare at the Ka'bah.

## Performing Nafl Umrah

This is something not recommended before completing the Hajj. You do not want to jeopardise your Hajj by becoming tired, ill or sick.

## All Nafl Umrah can be performed after Hajj.