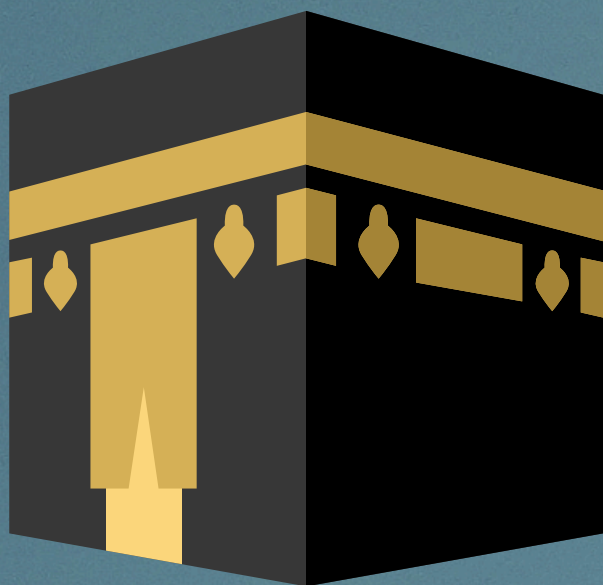
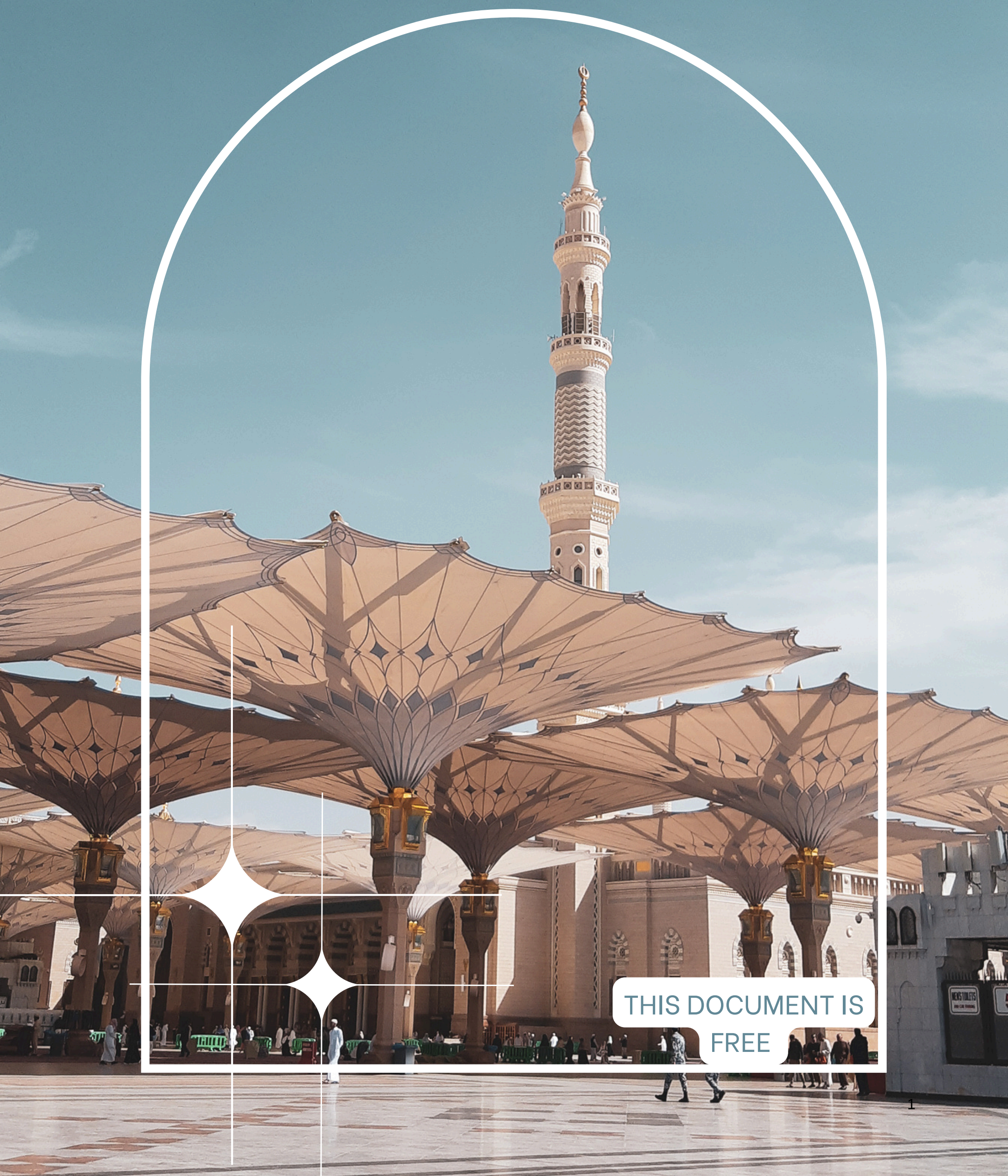
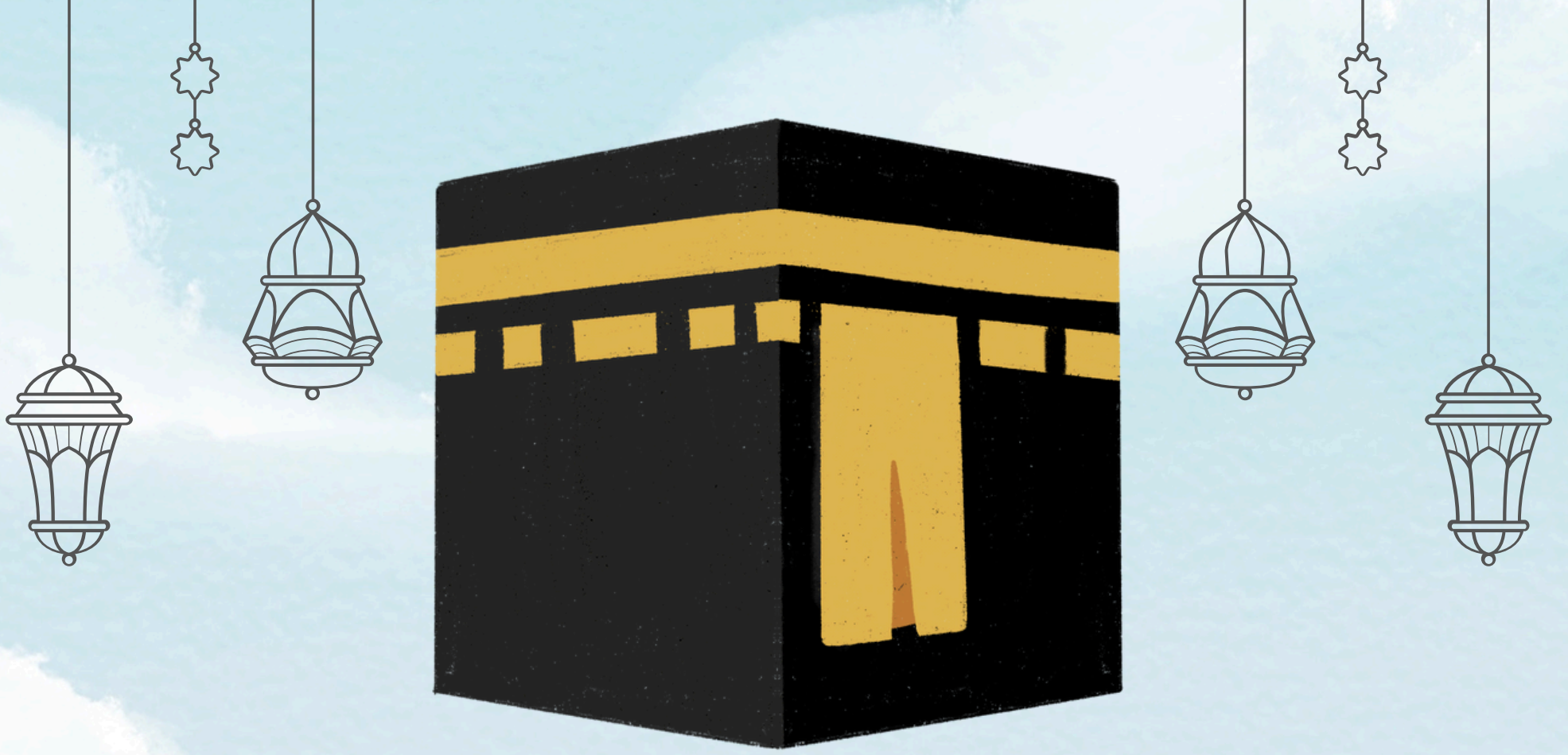




My essential Umrah



THIS DOCUMENT IS
FREE



All praise is due to Allah, Lord of the universe, and may peace and blessings be upon the Prophet Muhammad ﷺ, his family and his companions.

This guide is designed to accompany you throughout your Umrah, this unique spiritual journey imbued with piety and devotion. It brings together the essential steps and authentic supplications (du'as), based on the Sunnah of the Prophet ﷺ

Umrah is an opportunity for purification of the soul and drawing closer to Allah ﷻ.

This guide aims to facilitate your understanding and practice by offering clear and accessible guidance. It is designed to ensure that every step of your journey aligns with the teachings of Islam, in simplicity and sincerity.

We implore Allah (SWT) to accept your efforts, bless your pilgrimage, and make this guide a useful tool on your journey towards Him. May He grant us all ease in our worship and enable us to remain steadfast on His path.





My check List





- ☐ Passport and Visa
- ☐ Flight tickets and flight itinerary
- ☐ National identity card
- ☐ Vaccination record
- ☐ Other medical documents
- ☐ Printed and electronic copies of important documents (in case of loss)
- ☐ Cash (Saudi riyals and/or dollars) and credit cards





Clothing and Accessories



- ☐ Ihram (for men):
two pieces of seamless white fabric
- ☐ Modest and comfortable everyday clothing
- ☐ Neck pouch or fanny pack to keep documents and money within easy reach
- ☐ Underwear and socks (ideally disposable briefs)
- ☐ Sunglasses and hats or scarves to protect yourself from the sun
- ☐ Light or warm clothing according to the season.
- ☐ Comfortable walking shoes, ideally suitable for wudu (ablutions).
- ☐ Cotton leggings for women

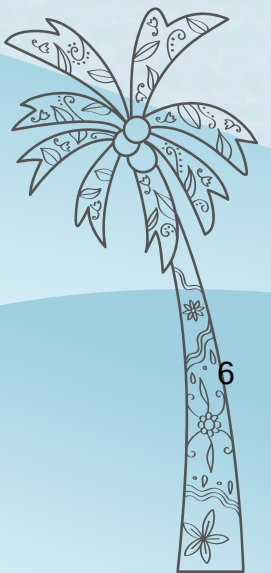




Hygiene Products



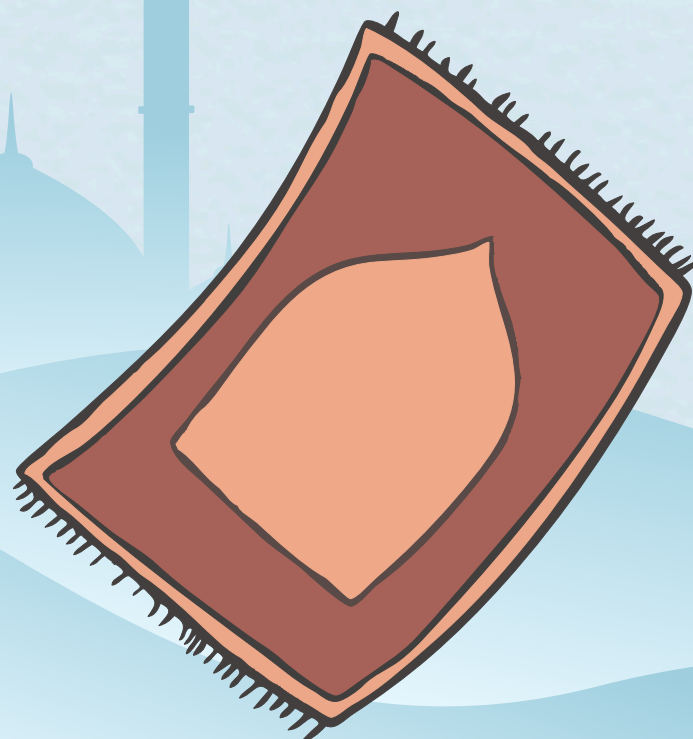
- ☐ Fragrance-free products (soap, deodorant, cream, shampoo)
- ☐ Toothbrush and toothpaste
- ☐ Nail clippers and razors
- ☐ Fragrance-free disinfectant hand wipes
- ☐ Sunscreen



Religious



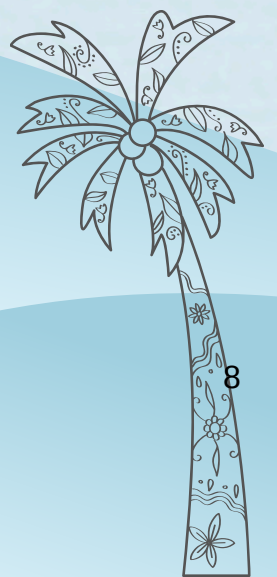
- ☐ Qur'an or a small Mushaf, and books of supplications (du'as)
- ☐ Foldable/pocket-sized prayer mat.
- ☐ Notebook or book to review rituals and invocations
- ☐ Notepad and pens for taking notes or writing du'as



Health



- ☐ Personal medications (prescription and sufficient quantities)
- ☐ First aid kit (bandages, disinfectant, etc.)
- ☐ Pain relievers (Paracetamol, Tylenol or other analgesics)
- ☐ Face masks and antibacterial gels
- ☐ Nasal spray or saline solution (for dust)

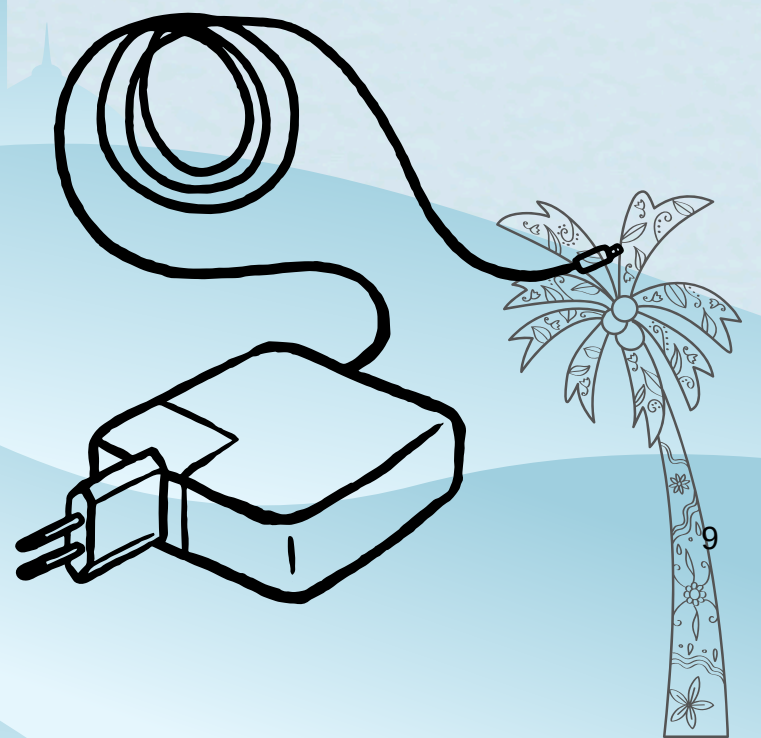




Electronics and Practice



- ☐ Mobile phone and charger
- ☐ Travel adapter for electrical outlets
- ☐ Lightweight backpack for carrying essentials during the day
- ☐ Bag for putting shoes in at the entrance of mosques
- ☐ Earplugs and sleep mask
- ☐ Reusable water bottle
- ☐ Multi-outlet power strip



Our advice

IMPORTANT!

The essential rites of Umrah are described in the Sunnah of the Prophet (peace and blessings be upon him). It is important that the Muslim undertaking this pilgrimage adheres to these rites and avoids any innovation that could invalidate their act of worship. The Prophet (peace and blessings be upon him) is the Muslim's guide in the practice of their religion, as indicated in verse 7 of Surah Al-Hashr: "...Take what the Messenger gives you, and refrain from what he forbids you. And fear Allah, for Allah is severe in punishment."

The pilgrim must remain mindful of their conduct throughout their stay in the sacred precincts, with no aim other than seeking the pleasure of Allah ﷻ. They should devote themselves to all acts that help them remember Allah and draw closer to Him: morning and evening supplications, invocations during the journey, dhikr, prayers upon the Prophet ﷺ, and seeking forgiveness (istighfar), among others.



Our advice

IMPORTANT!

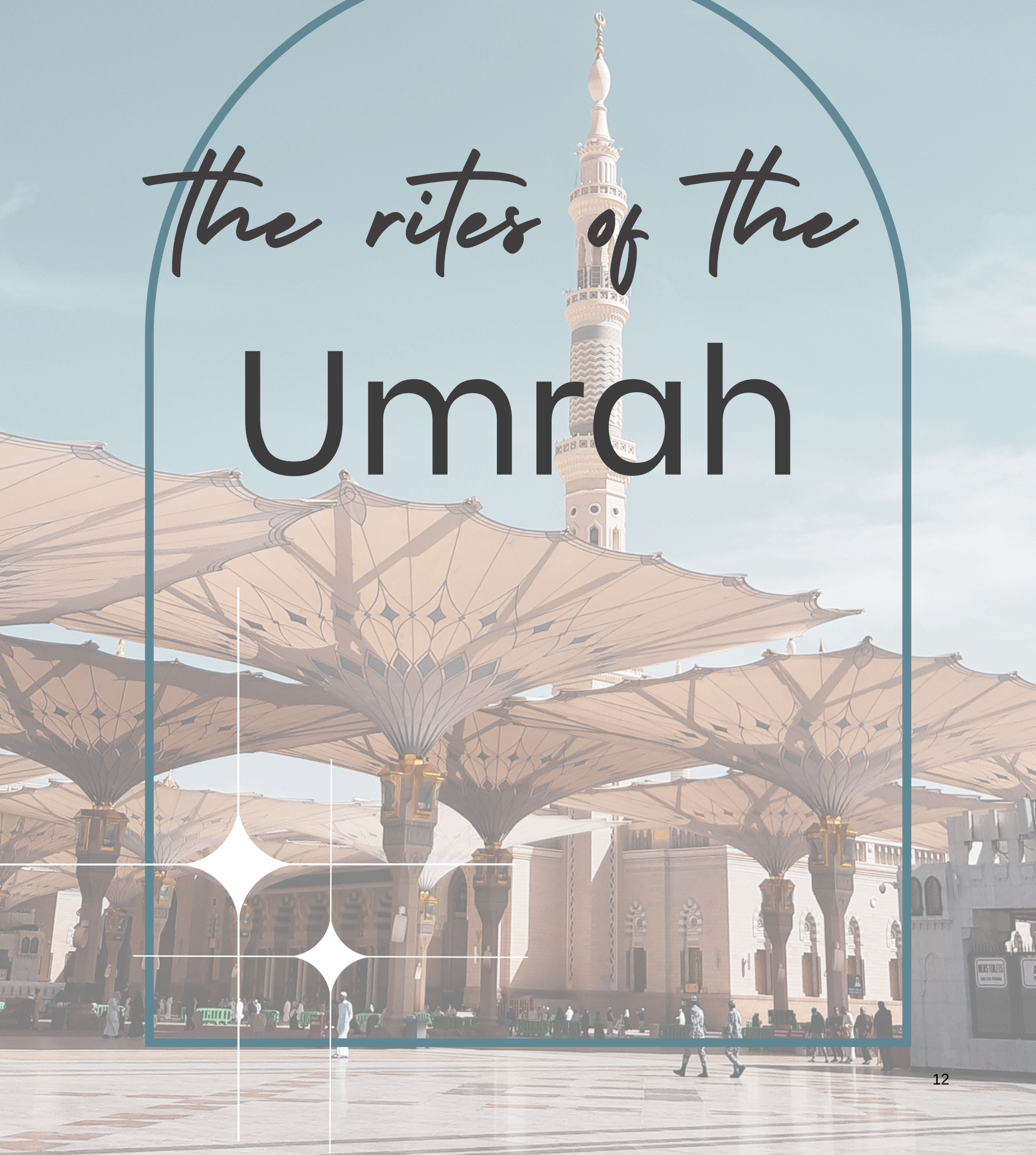
Follow the groups: Respect the schedule and follow the instructions to avoid getting lost.
Hydration: Drink plenty of water.
Have a copy (printed and/or digital) of identity documents, hotel address, agency or organization contact, ... on you in case of emergency.



Mosques usually have folding chairs available for the elderly or sick; feel free to use them if needed.
Arrive early for prayers to secure a place in the mosque.



The rites of the **Umrah**





The pillars of Umrah

1. Ihram is the intention (niyyah) to perform 'Umrah by entering a state of consecration. Before entering ihram, it is recommended to perform a full ritual purification (ghusl) and to put on the ihram garments. For men, this consists of two unsewn white cloths. For women, it consists of regular modest clothing that covers the entire body except for the face and hands.

2. Tawaf consists of performing seven circuits around the Kaaba in a counterclockwise direction, beginning from the corner where the Black Stone (Hajar al-Aswad) is located. Tawaf must be performed in a state of ritual purity, meaning the pilgrim must be in a state of wudu (ablution).

3. The Sa'i: Walking seven times the distance between the hills of Safa and Marwa. This rite commemorates the search for water by Hagar, the wife of the prophet Ibrahim (Abraham), for her son Isma'il.

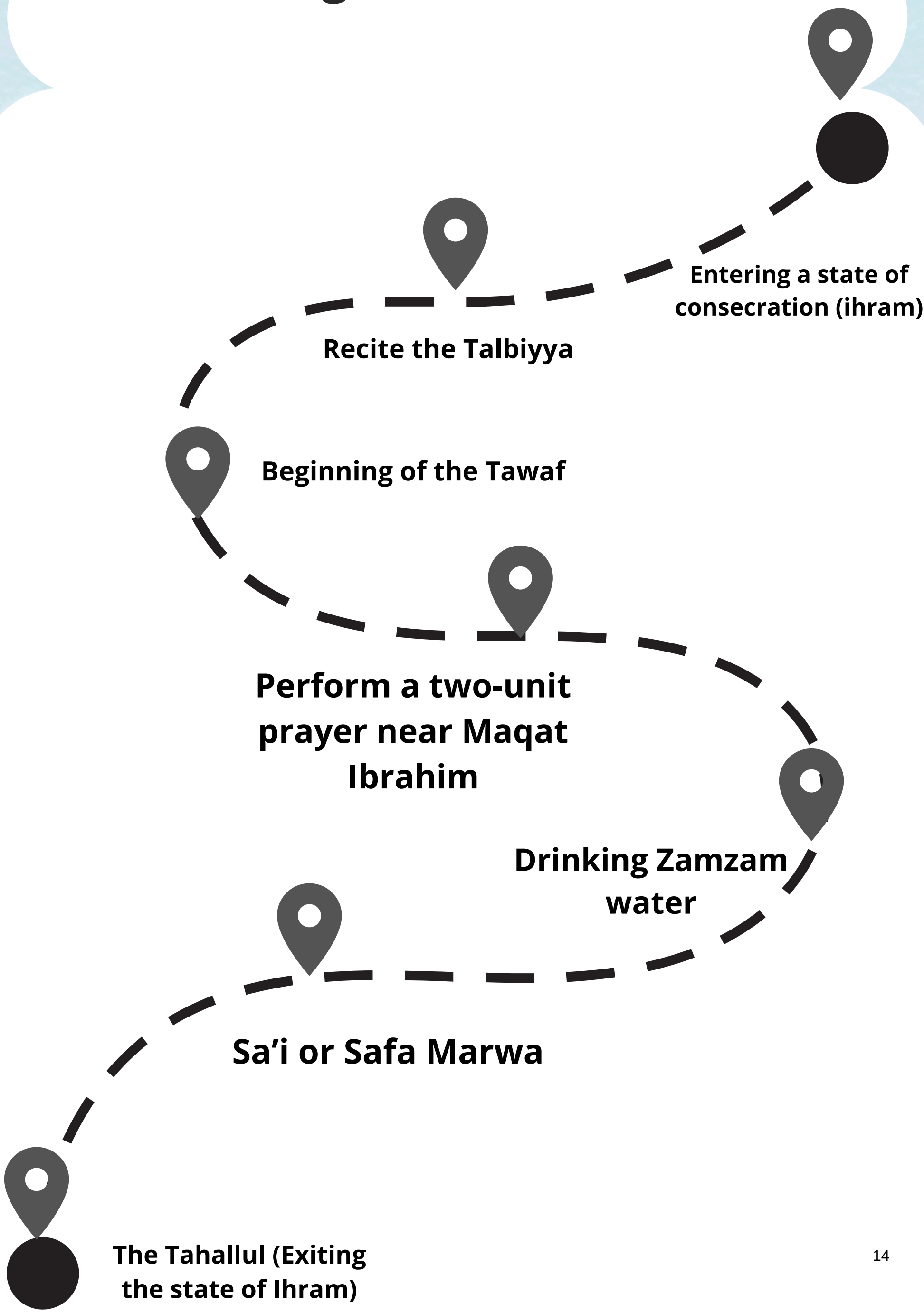
4. Haircutting (al-halq or al-taqsir): For men, it is recommended to shave the head completely (halq) or to cut it (taqsir). For women, only a few strands of hair should be cut.



These four acts are essential to perform a valid Umrah.



The stages of the Umrah



**Du‘a when
leaving the
home to
begin the
trip.**



**« Bismillāh, tawakkaltu ‘alā Allāh,
lā ḥ awla wa lā quwwata illā
billāh. »**

**« In the name of Allah, I place my
trust in Allah. There is no power
and no strength except with Allah.»**

**بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا
بِاللَّهِ**

Du‘a during the trip



**« Allāhu akbar, Allāhu akbar, Allāhu akbar
Subḥ āna alladhī sakhkhara lanā hādhā wa
mā kunnā lahu muqrinīn
Wa innā ilā rabbīnā lamunqalibūn. »**

**“Allah is the Greatest, Allah is the Greatest,
Allah is the Greatest.**

**Glory be to the One Who has subjected this
(means of transport) to us, while
we were not capable of controlling it, and
indeed to our Lord we shall
return.”**

**اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا
وَمَا كُنَّا لَهُ مُقْرِنِينَ وَإِنَّا إِلَى رَبِّنَا لَمُنْقَلِبُونَ**

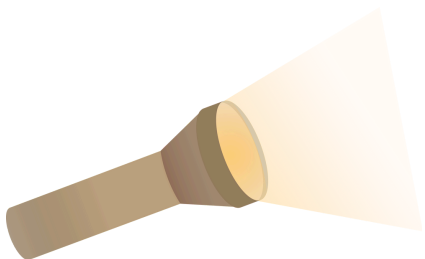


1

Entering the state of consecration or ihram

Ihram marks the beginning of Umrah. Before entering the state of Ihram, take a ritual bath (ghusl) to purify yourself, cut your nails and shave or trim your body hair if necessary.

The men wear two unsewn pieces of white cloth, while the women wear modest clothing that covers everything except the face and hands.



Intention (Niyyah): Entering the state of ihram begins with the clear intention to perform either Umrah or Hajj, formulated internally and, if possible, aloud. This intention marks the beginning of the rites.



During the state of ihram, it is forbidden to cut one's hair or nails, to use perfume, to engage in sexual relations, to hunt, or to wear sewn clothing (for men). It ends after the rituals, with the cutting or shaving of the hair.

Du'a of Intention

«*Labbayka Allāhumma 'umrah.*»

“Here am I, O Allah, by performing
an ‘Umrah.”

لَبَّيْكَ اللَّهُمَّ عُمْرَةً



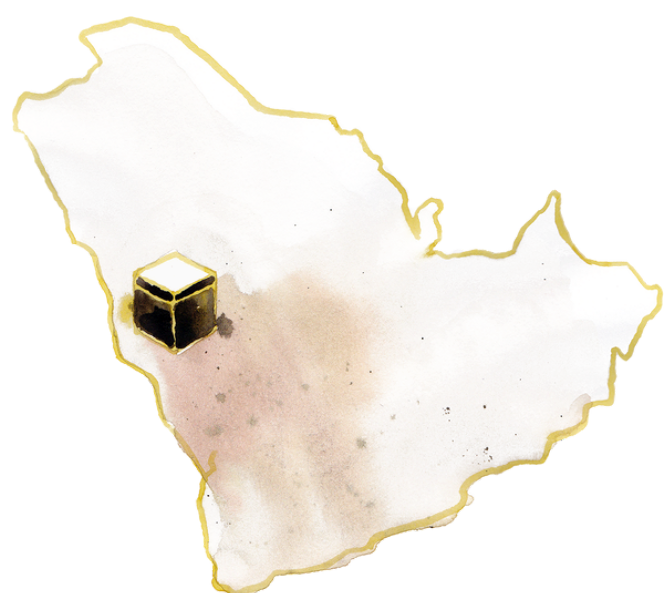


2

التَّلْبِيَّة – Talbiya

The Talbiyya is an invocation recited by pilgrims from the moment they cross the miqat until they see the Kaaba, aloud for men and in a low voice for women.

It is also recommended to perform ghusl (ritual purification) before going to the sacred mosque, as the Prophet ﷺ did.



Du'a of Talbiyah



**« *Labbayka Allāhumma labbayk Labbayka
lā sharīka laka labbayk
Inna al- wa n-ni'mata laka wa l-mulk Lā
sharīka lak. »***

**“I respond to Your call, O Allah, I respond
to Your call.**

**I respond to You, You have no partner, I
respond to You.**

**All praise, all blessings, and all
sovereignty belong to You. You have no
partner.”**

**لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ، لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ، إِنَّ
الْحَمْدَ وَالنَّعْمَةَ، لَكَوَالْمُلْكَ، لَا شَرِيكَ**

**Du'a
Upon
Arrival in
Mecca**



«Allāhumma hādhā ḥ aramuka wa amnuka
Fa-ḥ arrimnī mina n-nār Wa āminnī min
‘adhābika yawma tab‘athu ‘ibādak Waj‘alnī
min awliyā’ika wa ahli ṭ ā’atik. »

“My Lord, this is Your sacred sanctuary and
Your place of security.

Protect me from the Fire and from Your
punishment on the Day You resurrect Your
servants.

Make me among those who are close to You
and count me among those who obey You.”

اللَّهُمَّ هَذَا حَرَمُكَ وَ أَمْنُكَ فَحَرِّمْنِي مِنَ النَّارِ، أَمْنِي مِنْ
عَذَابِكَ يَوْمَتَبَعْتُ عِبَادَكَ، وَ اجْعَلْنِي مِنْ أَوْلِيَايِكَ وَ أَهْلِ
طَاعَتِكَ

**Du'a for
Entering the
Sacred
Mosque
-Masjid al)
(Haram**

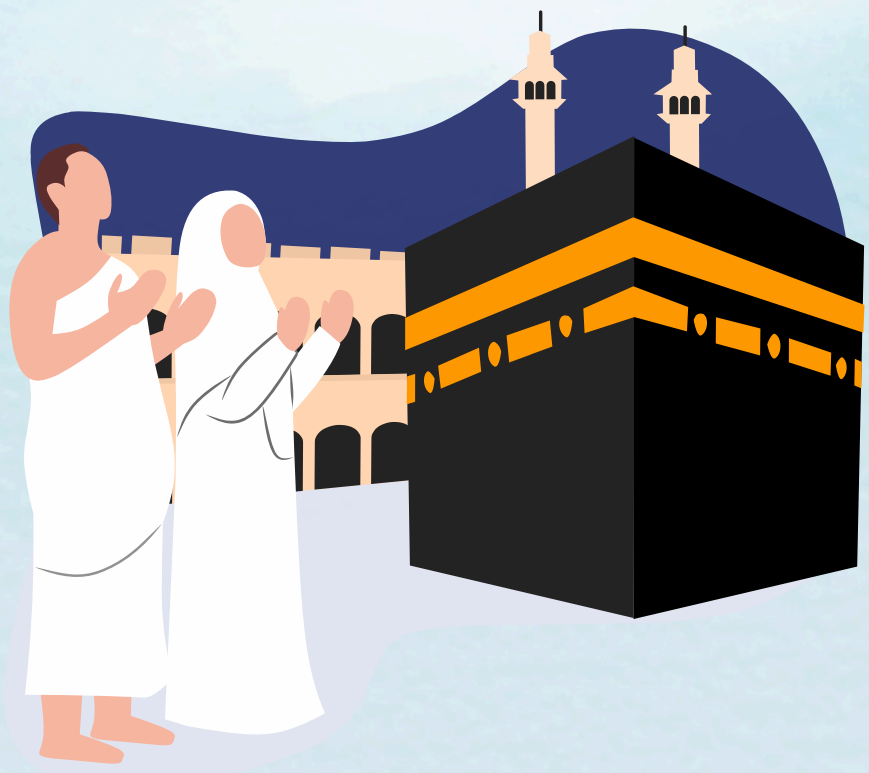


**« *Allāhumma ighfir lī dhunūbī wa
iftaḥ lī abwāba raḥ matik. »***

**« O Allah, forgive my sins and open
for me the doors of Your mercy. »**



Du'a while Facing the Kaaba



**« Allāhumma zid hādhā l-bayta tashrīfan wa taʿẓīmān wa takrīman wa mahābah
Wa zid man sharrafahu wa karramahu mimman ḥ
ajjahu aw iʿtamarahu
Tashrīfan wa taʿẓīmān wa takrīman wa birran
Allāhumma anta s-salām wa minka s-salām
Fa-ḥ ayyinā rabbanā bi-s-salām. »**

“O Allah, elevate this House (the Ka’bah) in honor, greatness, nobility, and reverence.

And increase in honor, greatness, generosity, and righteousness those who honor it among those who perform Hajj or ‘Umrah.

O Allah, You are Peace, from You comes peace, so grant us life in peace, O Lord.”

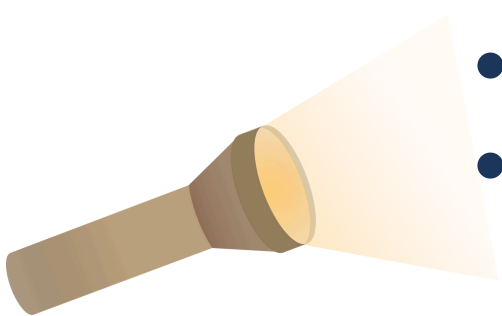
**اللَّهُمَّ زِدْ هَذَا الْبَيْتَ تَشْرِيفًا وَتَعْظِيمًا وَتَكْرِيمًا وَمَهَابَةً وَبِرًّا،
وَ زِدْ مَنْ شَرَّفَهُ وَكَرَّمَهُ مِنْ حُجَّهٖ أَوْ اعْتَمَرَهُ تَشْرِيفًا وَتَعْظِيمًا
وَ تَكْرِيمًا وَبِرًّا. اللَّهُمَّ أَنْتَ السَّلَامُ وَ مِنْكَ السَّلَامُ، حَيَّنَا رَبَّ
السَّلَامِ.**



Beginning of the Tawaf

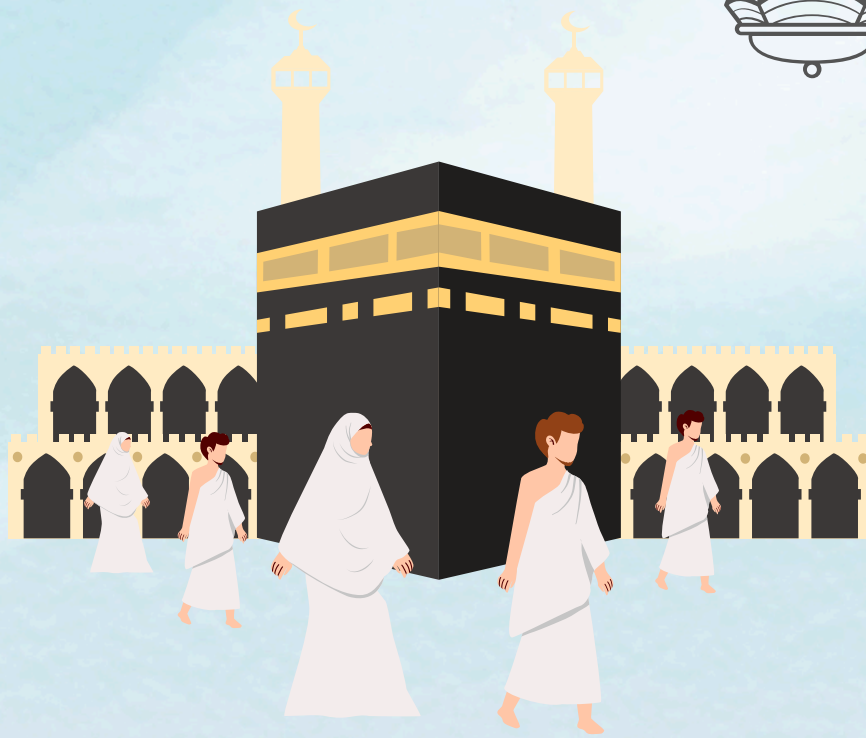
Tawaf consists of performing seven circuits around the Kaaba in a counter-clockwise direction. Each circuit begins and ends at the Black Stone (Al-Hajar Al-Aswad). If possible, one should touch or greet the Black Stone; if not, one should gesture toward it while saying: ‘Bismillah, Allahu Akbar.

Recommendations for men



- **Expose the right shoulder.**
- **Men should quicken their pace during the first three rounds.**

Du'a at the Beginning of Tawaf

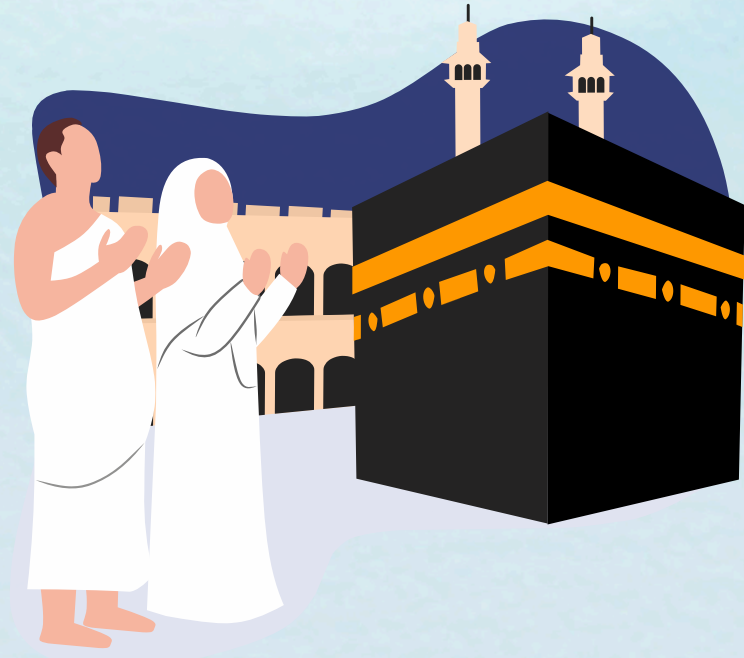


**« Bismillāhi wa Allāhu akbar
Allāhumma īmānan bika wa taṣ dīqan bi-
kitābik
Wa wafā'an bi-'ahdik wa ittibā'an li-sunnati
nabiyyik Ṣ allā Allāhu 'alayhi wa
sallam. »**

**“In the Name of Allah, Allah is the Greatest.
O Allah, I believe in You, I affirm the truth
of Your Book,
I remain faithful to Your covenant, and I
follow the Sunnah of Your Prophet.”**

**بِسْمِ اللَّهِ وَ اللَّهُ أَكْبَرُ، اللَّهُمَّ إِيْمَانًا بِكَ وَ تَصَدِيقًا
بِكِتَابِكَ وَ وَفَاءً بِعَهْدِكَ، وَ اتِّبَاعًا لِسُنَّةِ نَبِيِّكَ صَلَّى اللَّهُ
عَلَيْهِ وَ سَلَّمَ**

**Du'a
Between
the Yemeni
Corner and
the Black
Stone**



**«*Rabbanā ātinā fī d-dunyā ḥ asanah
Wa fī l-ākhirati ḥ asanah Wa qinā ‘adhāba
n-nār*»**

**“Our Lord, grant us good in this world
and good in the Hereafter, and protect
us from the punishment of the Fire.”**

**رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا
عَذَابَ النَّارِ**



4

Perform 2 units of prayer near Maqam Ibrahim (recommendation)

The Maqam Ibrahim is a sacred site located near the Kaaba, inside the Grand Mosque in Mecca. It is a small structure made of glass and metal that houses a stone bearing the footprints of the Prophet Ibrahim (Abraham).

According to Islamic tradition, Ibrahim stood on this stone during the construction of the Kaaba, and Allah softened the stone to leave his footprints upon it.

After the tawaf, it is recommended to pray two units of prayer (raka'at) behind the Maqam Ibrahim, as a sign of respect for this historical and spiritual event.

Recitation by the Maqam Ibrahim



« *Wa ttakhidhū min maqāmi Ibrāhīma muṣallā* »

“And take the standing place of Abraham as a place of prayer.”

وَاتَّخِذُوا مِنْ مَّقَامِ إِبْرَاهِيمَ مُصَلًّى

If it is too crowded, you may move away. This prayer can be performed anywhere within the Mosque.

Recommendations

- Men should cover their right shoulder before praying.
- It is recommended to recite Surah Al-Kafirun in the first rak'ah and Surah Al-Ikhlās in the second rak'ah



5

Drinking Zamzam water

It is recommended to face the Qibla and drink it to your heart's content, while sitting, in three sips, invoking Allah ﷻ



At this stage, it is permissible to rest briefly before beginning the next step.



Du'a While Drinking Zamzam Water



« *Allāhumma innī as'aluka 'ilman
nāfi'ā
Wa rizqan wāsi'ā Wa shifā'an min kulli
dā'. »*

“O Allah, I ask You for beneficial
knowledge, abundant
provision, and healing from every
illness.”

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا وَرِزْقًا وَاسِعًا
وَشِفَاءً مِنْ كُلِّ دَاءٍ



6

SAI

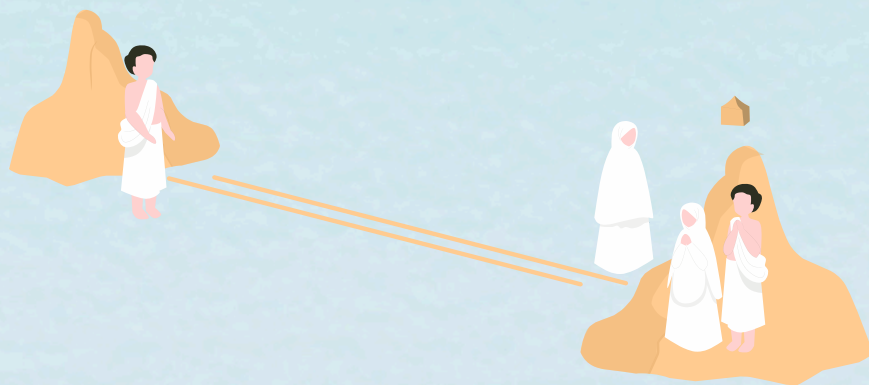
Sa'i involves walking seven times between the hills of Safa and Marwa. The pilgrimage begins at Safa and proceeds to Marwa, making supplications along the way.

Note:

- **Men should walk briskly between the two green markers.**
- **Each round trip counts as two journeys:**
 - **Outbound: from Safa to Marwa (1 trip)**
 - **Return: from Marwa to Safa (1 trip)**



Du'a Upon Reaching the Safa Hill



***Inna ṣ -Ṣ afā wa l-Marwata min sha'ā'iri llāh
Faman ḥ ajja l-bayta aw i'tamara fa-lā junāḥ
a 'alayhi an yaṭ ṭ awwafa bihimā
Wa man taṭ awwa'a khayran fa-inna llāha
shākirun 'alīm***

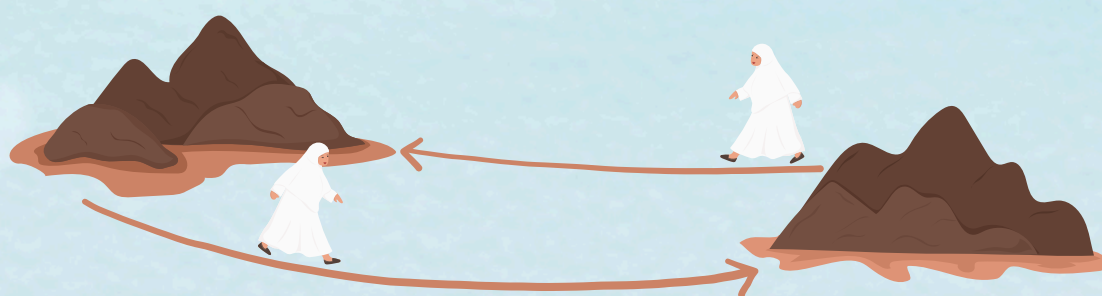
***“Indeed, As-Safa and Al-Marwa are among the
symbols of Allah.***

***So whoever performs Hajj to the House or
performs 'Umrah commits no sin
in walking between them.***

***And whoever does good willingly, then indeed
Allah is Appreciative, All-
Knowing.”***

**إِنْ الصَّافَا وَ الْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ فَمَنْ حَجَّ الْبَيْتَ
أَوْ اعْتَمَرَ فَلَا جُنَاحَ عَلَيْهِ أَنْ يَطَّوَّفَ بِهِمَا ، وَ مَنْ تَطَوَّعَ
خَيْرًا فَإِنَّ اللَّهَ شَاكِرٌ عَلِيمٌ {**

**Du'a at the
Foot of Each
Hill (As-Safa
and Al-
Marwa)
Facing the
Ka'ba**



*Allāhu akbar, Allāhu akbar, Allāhu akbar
Lā ilāha illā Allāhu waḥ dahu lā sharīka lah
Lahu l-mulku wa lahu l-ḥ amd Yuh yī wa yumīt wa huwa
‘alā kulli shay’in qadīr Lā ilāha illā Allāh waḥ dah
Anjaza wa’dah wa naṣ ara ‘abdah Wa hazama l-aḥ zāba
waḥ dah*

“Allah is the Greatest (three times).

There is no deity worthy of worship except Allah, alone, without any partner.

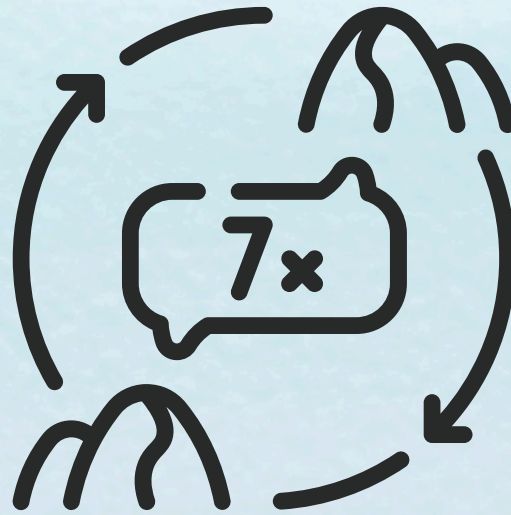
To Him belongs the dominion and to Him belongs all praise.

He gives life and causes death, and He has power over all things.

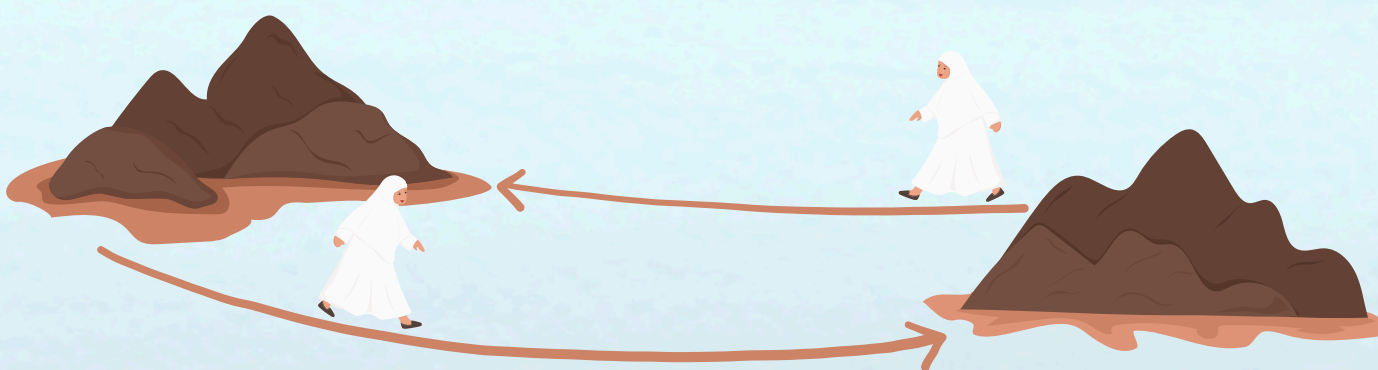
There is no deity worthy of worship except Allah alone. He fulfilled His promise, granted victory to His servant, and defeated the confederates all by Himself.

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، يُحْيِي وَيُمِيتُ وَ
هُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ أَنْجَزَ وَعْدَهُ
وَنَصَرَ عَبْدَهُ، وَهَزَمَ الْأَحْزَابَ وَحْدَهُ

Doua Between As-Safâ and Al- Marwa



There are no specific supplications (du'as) from the Sunnah for this, but it is recommended to supplicate and call upon Allah in any way you wish.





7



The Tahallul (Exiting the state of Ihram)

To conclude ‘Umrah, men should either shave their heads (halq) or trim a portion of their hair (taqsir).

Women should cut a small lock of hair, about 2 cm.

This act symbolizes exiting the state of ihram and marks the completion of ‘Umrah.



Du'a Upon Leaving the Mosque



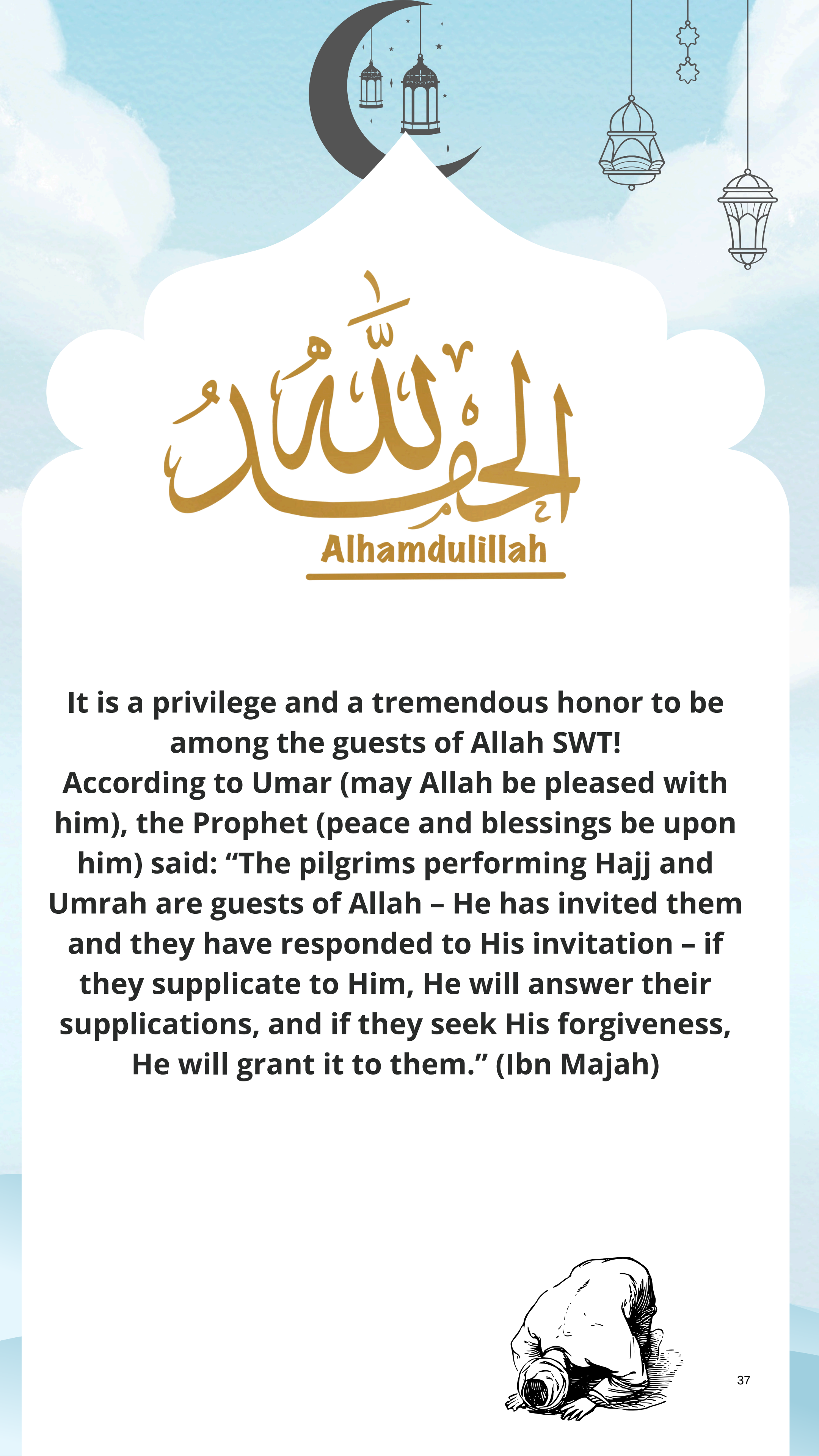
Bismillāh wa ṣ -ṣ alātu wa s-salāmu ‘alā rasūli llāh

Allāhumma innī as’aluka min faḍ lik

Allāhumma iṣ imnī mina sh-shayṭ āni r-rajīm

“In the name of Allah, may prayers and peace be upon the Messenger of Allah. O Allah, I ask You by Your immense generosity. O Allah, protect me from the accursed Satan.”

بِسْمِ اللَّهِ، وَالصَّلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللَّهِ،
اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ، اللَّهُمَّ اعْصِمْنِي مِنَ
الشَّيْطَانِ الرَّجِيمِ



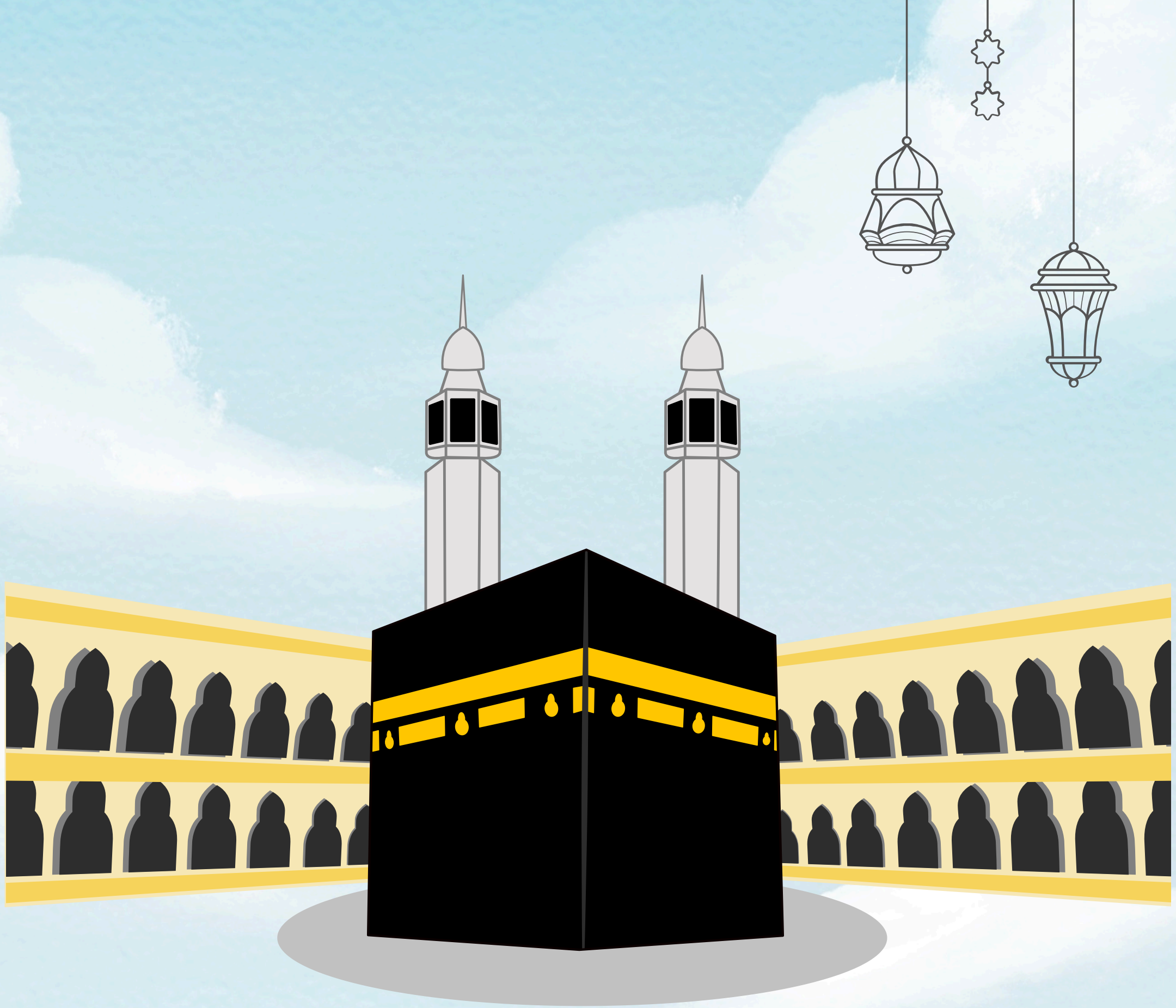
الحمد لله

Alhamdulillah

It is a privilege and a tremendous honor to be among the guests of Allah SWT!

According to Umar (may Allah be pleased with him), the Prophet (peace and blessings be upon him) said: “The pilgrims performing Hajj and Umrah are guests of Allah – He has invited them and they have responded to His invitation – if they supplicate to Him, He will answer their supplications, and if they seek His forgiveness, He will grant it to them.” (Ibn Majah)





Baraka Allahou fikoum
بارك الله فيكم