



Umrah Guide

2023



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Overview

Umrah consists of 4 essential parts.

1.) You change into Ihram before the Miqat, perform two Rakahs of Salah and make your Niyyah as the Miqat approaches.,

Then you recite Talbiyah on the way to Haram.

2.) Perform Tawaf al-Umrah of the Kaaba followed by two Rakahs of Salah behind Maqam Ibrahim.

3.) Sa'i of Safa and Marwah

4.) You either shave (Halq) or shorten (Taqṣir) your hair allowing you to leave the state of Ihram and complete your Umrah.



Ihram

Physical Purity



Before getting changed into the Ihram garments, do some personal hygiene by clipping your nails and removing the hair under your armpits and beneath the navel. Then perform Ghusl as that is a sunnah. If you can't perform Ghusl, doing Wudhu will suffice. This should all be carried out at your place of residence before your flight/trip (if you are flying or going by road/train)



Ihram



Ihram Garments

Ihram garments for men consist of two, normally white, clean seamless pieces of cloth. The sheet which wraps around the waist covering the lower body is known as the Izar and the sheet that is draped over the upper body like a shawl is known as the Rida.

TIP: Try to buy the thicker towel like ihram, it will be easier to handle and won't move/slip around as easily.



Advice: If you go to Medina before Makkah, buy your ihram there. It will be cheaper for you



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Ihram

NOTE: Ensure you put on your Ihram attire before crossing the designated Miqat.

If travelling by plane, get changed at the airport prior to departure or during a stopover if you have one.

You can also change into your Ihram attire on the plane, but do so at least an hour before the Miqat is crossed.



Women do not have any specific dress code. Clothing should be normal modest Islamic dress with scarf of any colour. Hands and face should not be covered



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Meeqat locations

The prophet (pbuh) stated that there are 5 different Meeqat points. So you will pass through one of these points to get to Makkah & at that crossing is when you perform 2 rakats & set your niyyah for umrah

Meeqat Makani

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

Yalamlam(As-Sadiah)

→ Pilgrims coming from Yemen, South Africa, Nigeria and the South

Note: If you intend to perform an additional Umrah later on, you have to enter Ihram outside the boundary of the Haram before going back to Masjid al-Haram to perform Umrah. Masjid Aisha is the closes place to do so.



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Ihram

Salah al-Ihram

It's Sunnah to perform two Rakahs of Salah before entering into the state of Ihram. Pray with the intention of performing two Rakahs Nafl for Ihram.

Don't forget to make Dua after this Salah.



Niyyah

The Niyyah for Umrah should be made at the Miqat or close to it as you move in its direction if travelling by plane

Following are three examples of intentions that may be uttered in Arabic:

Labbayka llāhumma ‘umratan.

O Allah, here I am to perform Umrah.

Allāhumma innī urīdu l-‘umrata.

O Allah, I intend to perform Umrah.

Allāhumma innī urīdu l-‘umrata fa yassirhā lī wa taqabbalhā minnī.

O Allah, I intend to perform Umrah, so accept it from me and make it easy for me.



Talbiyah

After making your Niyyah, you must recite the Talbiyah to validate your intention and enter into the state of Ihram.

The Sunnah method of reciting the Talbiyah is to briefly pause at four places, indicated by the dashes. The prayer is as follows:

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

Labbayka llāhumma labbayk(a), labbayka lā sharīka laka labbayk(a), inna l-ḥamda wa n-ni'mata, laka wa l-mulk(a), lā sharīka lak.

At Your service, Allah, at Your service. At Your service, You have no partner, at Your service. Truly all praise, favour and sovereignty are Yours. You have no partner.

NOTE: You must recite the Talbiyah at least once after making your intention for Umrah. Failure to do so will result in an invalid Umrah!



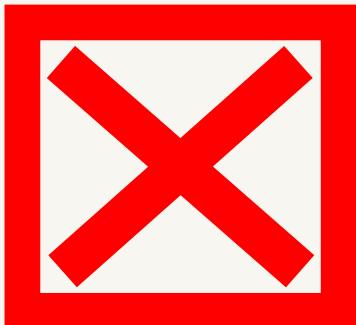
Conditions of Ihram



After uttering the Talbiyah, you will now be in the state of Ihram and be known as a Muhrim.

Below is a list of things that are prohibited to do while in the state of Ihram:

1. Stitched Clothing and Covering of Head for Men
2. Covering of Face for Women
3. Cutting, Shaving, and Trimming Hair and Nails
4. Hunting Animals
5. Sexual Activity/ Touching one's wife with desire
6. Using Foul Language or Arguing
7. Using perfume



It is recommended to send Salawat on the Prophet ﷺ after reciting the Talbiyah and to make Dua for yourself and others. Continue reciting the Talbiyah for the rest of your journey until you reach one of the doors of Masjid al-Haram prior to performing Tawaf.



Arriving in Makkah

After you reach your hotel in Makkah, you may want to freshen up or take rest before going to start Tawaf al-Umrah.

NOTE: If you decide to take a shower, ensure you don't use any items that are prohibited in the state of Ihram e.g. scented soap or shampoo.

Try to complete your umrah as soon as possible in order to avoid breaking Ihram.

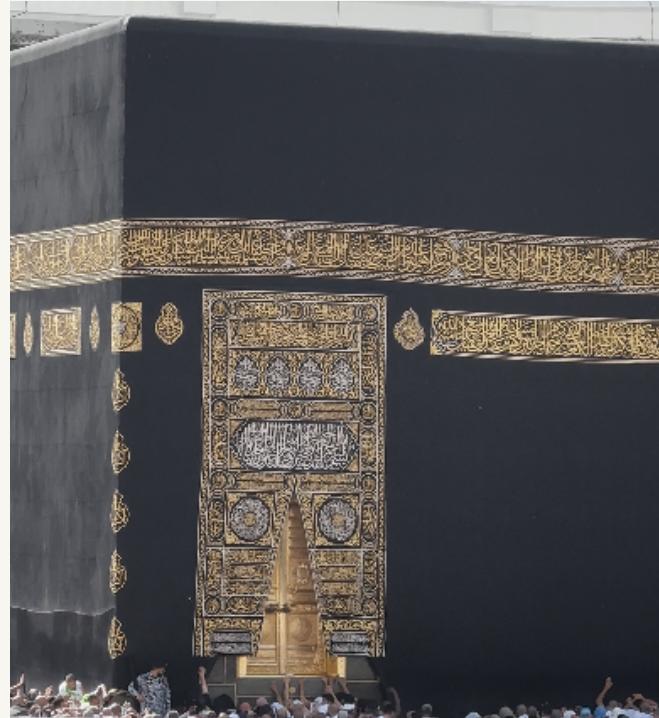


First Look of Kaaba

After entering the mosque, try to look down until you reach the Mataf area, which is the open space around the Kaaba where tawaf takes place.

Upon seeing the Kaaba for the first time, raise your hands and make Dua with concentration and sincerity as this is the most blessed place one could be in.

Do lots of dhikr, make your most precious duas & send salawat upon the prophet (pbuh) in abundance here. Make the most of this opportunity before you begin your tawaf, especially if its your first time seeing the Kaaba.



TIP: Imam Abu Hanifa said I would use this opportunity to make Dua to Allah that he be among those whose supplications are always accepted.



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Tawaf Al Umrah

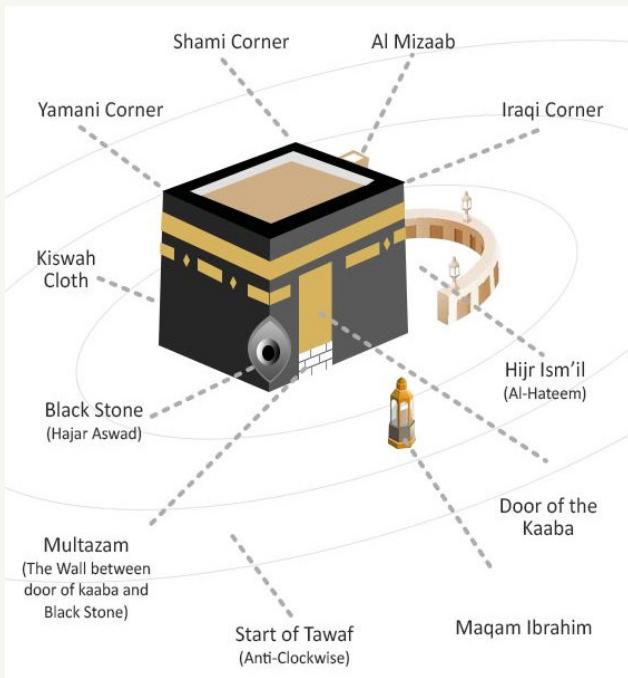
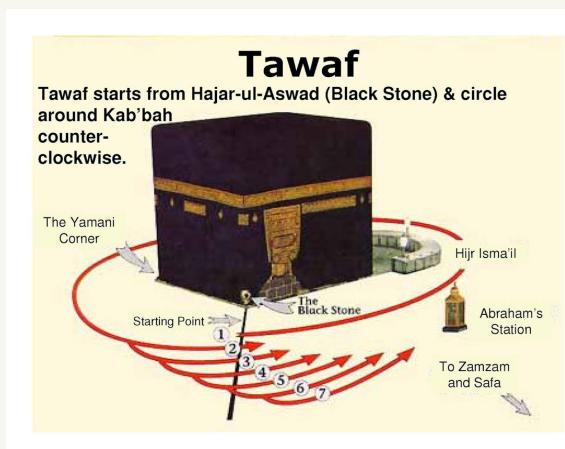
Preparation

For males, uncover your right shoulder by passing the top sheet of your Ihram under your right armpit, allowing the garment to hang over your left shoulder



Starting Point

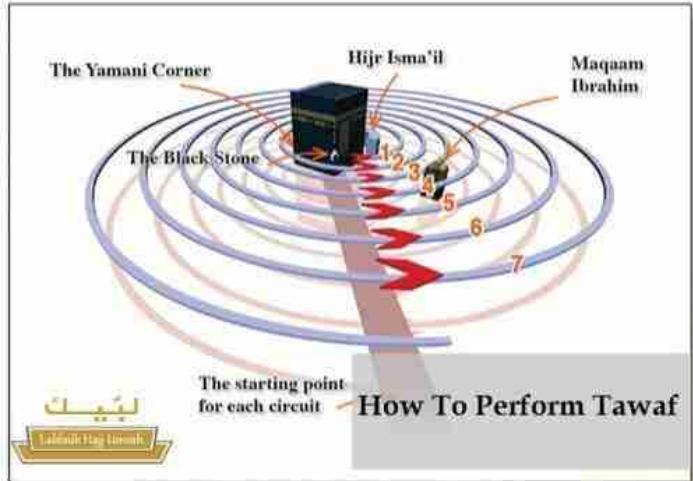
Stand in line with the corner of the Kaaba where Hajar al-Aswad (the black stone) is. There is a green light on the wall (as shown in the picture on the left) of the Masjid opposite the Kaaba which indicates where the Tawaf starts from. This is the starting point of each circuit. Stand just before this starting point facing the Kaaba ensuring the Hajar al-Aswad is on your right side.



Tawaf Al Umrah

Circuits of Tawaf

There are 7 circuits of Tawaf. Start the first circuit of your Tawaf, making sure the Kaaba is on your left. Proceed in an anti-clockwise direction as shown to the right



Raml

In the first 3 circuits, it is sunnah for men to perform Raml, which is the practice of walking briskly & sticking out the chest. If there is a lot of crowd, please only perform this Sunnah if you're sure you won't harm or inconvenience others.



Tip for families: Take a small backpack with you to put your shoes in as they can get lost easily. Also carry snacks (for kids) & water bottles to fill with Zam Zam water at the Haram



Tawaf Al Umrah

Dhikr & Dua

During Tawaf, you can recite prayers and supplications of your choice. Duas are accepted during Tawaf so make the most of this opportunity and remember Allah with sincerity and devotion.

Try to make dua from the depth of your heart. Remember Allah with humility and sincerity. Ask for the impossible. Supplicate in any language and in any manner that you prefer. This is your chance to connect with Allah completely.

Reciting Quran and sending Salawat upon the Prophet (pbuh) during Tawaf is also recommended.



Tawaf Al-Umrah

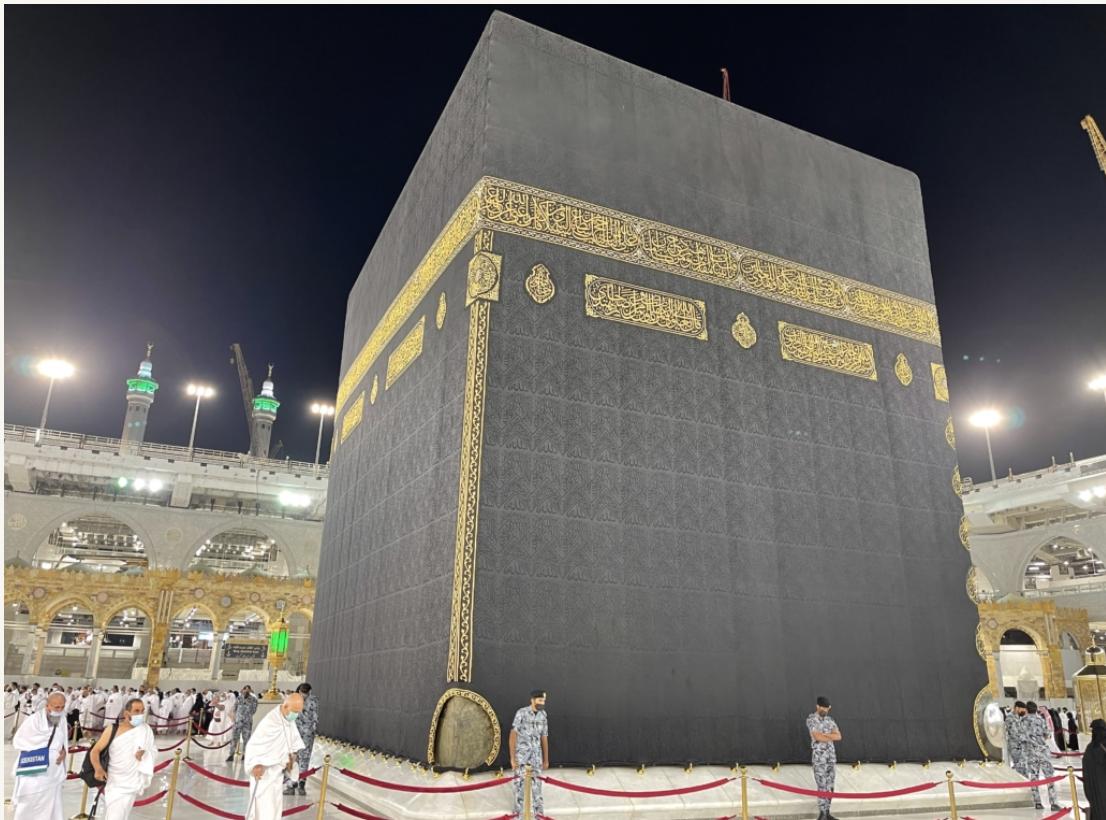
Rukn Al-Yamani

It is a Sunnah to recite the following Dua between the Rukn al-Yamani and the Hajar al-Aswad:

رَبَّنَا آتَنَا فِي الدُّنْيَا حَسَنَةً وَ فِي اُلْٰئِكَرَةِ حَسَنَةً
وَ قِنَّا عَذَابَ النَّارِ

Rabbanā ātinā fi d-dunyā ḥasanatan wafi l-ākhirati ḥasanatan wa qinā 'adhāba n-nār.

O our Lord, grant us the good of this world, the good of the Hereafter, and save us from the punishment of the fire.
[Surah Al-Baqarah, 2:201]

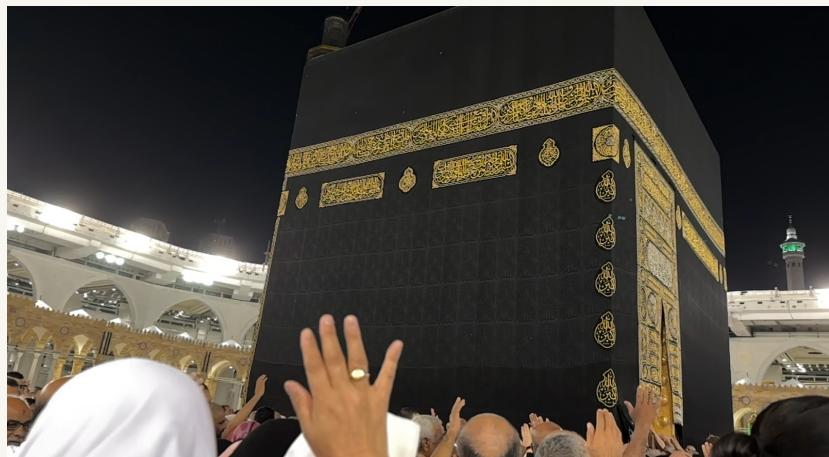


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Tawaf Al Umrah

End of Circuit at the Hajar al-Aswad

Once you reach Hajar al-Aswad, it marks the completion of one circuit. You begin the second circuit by saying Allahu Akbar & raising your right hand at Hajar al-Aswad and move around until you complete 7 circuits. You will be saying **Allahu Akbar 8 times** in total during the Tawaf; one before the start of the Tawaf and one at the end of each of the 7 circuits.



During Tawaf

The Tawaf should be completed in a continuous manner with no interruptions between circuits. If a congregational prayer is due to start, you must join the congregation and resume your Tawaf from the position that you stopped. The circuit does not need to be repeated. These rules also apply if you need to repeat your Wudhu.



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Salah at Maqam E Ibrahim

Once you have completed your Tawaf, you perform two Rakahs of Salah preferably in line anywhere behind Maqam Ibrahim.



Drinking Zam Zam

Once you have completed Salah , drink Zamzam water which is available around the Tawaf area and from various dispensers in Masjid al-Haram.

The Prophet (pbuh) said: “The water of Zamzam is for whatever purpose it is drunk for.”

Hence, before drinking Zam Zam, make dua to fulfill your wishes, whether that is good health, success in this world, or protection from the tribulations of the grave. You can also rub it on your face and body.



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Sa'i

It is a Sunnah to perform Sa'i immediately after Tawaf, but you may take a break if you need to. If you feel tired after Tawaf or if you have kids that need a break, take a rest until you feel you're ready.

You cover over 3 kilometres during Sa'i, so make sure you have sufficient energy to complete it properly.

Proceed to the hill of Safa, which is located inside Masjid al-Haram in line with the Hajar al-Aswad.



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Sa'i

Dua to make while approaching Safa

Proceed to the hill of Safa, there are signs indicating where it is. As you are approaching Safa, it is Sunnah to recite the following:

إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ

Inna ṣ-ṣafā wa l-marwata min sha'ā'iri llāh(i).

Indeed, Safa and Marwa are from the Signs of Allah.

[Surah al-Baqarah, 2:158]

Thereafter, recite the following Dua:

أَبْدِأْ بِمَا بَدَأَ اللَّهُ بِهِ

Abda'u bimā bad'allahu bihi.

I begin with that which Allah has begun with.

These supplications are only to be recited once before Sa'i and not at the start of each lap.



TIP: If you have kids or are with elderly and would like to avoid the crowd on the main floor of Masaa, you can go to the top floor of the Masaa and perform Sa'i there. Strollers are also allowed at the Masaa



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Sa'i

Duas to make at Safa

Upon reaching the hill of Safa, face the direction of the Kaaba and raise your hands in supplication. You won't necessarily be able to see the Kaaba but you will know which direction to pray in.

It is Sunnah to recite the following Dua:

اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، وَلِلَّهِ الْحَمْدُ

Allāhu akbar, Allāhu akbar, Allāhu akbar, wa lillāhi l-ḥamd.

Allah is the greatest; Allah is the greatest; Allah is the greatest, and to Allah belongs all praise.

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ يُحْبِي وَيُمِيَّتُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Lā ilāha illallāh waḥdahu lā sharīka lah(u), lahu l-mulku wa lahu l-ḥamdu yuḥyī wa yumīt(u), wa huwa ‘alā kulli shay’in qadīr.

There is no deity except Allah, alone without a partner. To Him belongs the Dominion, and to Him belongs all praise. He gives life and death and He has power over everything.

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ، أَنْجَزَ وَعْدَهُ وَنَصَرَ عَبْدَهُ وَهَرَمَ الْأَحْزَابَ وَحْدَهُ

Lā ilāha illallāhu waḥdah(u), anjaza wa’duhu wa naṣara ‘abdahu wa hazama l-ahzāba waḥdah.

There is no deity except Allah alone. He fulfilled His promise, supported His slave and defeated the confederates alone.

After reciting this Dua, you may recite your own supplications. Read the Dua a total of 3 times, making your own supplications in between each time, as was the Sunnah of the Prophet (Pbuh)



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Sa'i

Proceed to Marwa

From Safa, make your way towards Marwa. Between Safa and Marwa, you will see two sets of green lights on the ceiling. Between these two lights, it is Sunnah for men to run at a medium pace while women should continue normally.



Make Dua to Marwah

At Marwah, face the direction of the Kaaba, raise your hands in supplication and repeat the same supplications you recited at Safa.

IMPORTANT: To complete Sa'i, you must complete 7 laps.

Going from Safa to Marwah is considered 1 lap. Then continuing from Marwah to Safa is the second lap and so on.



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End of Sa'i

At the end of the 7th lap, you will be at the mount of Marwah. You can now exit the Haram to complete the final step of Umrah.



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Halq or Taqsir (Shaving or Trimming of Hair)

After Sa'i, for men, they must either shave your hair (Halq) or trim by at least an inch (Taqsir) in order to leave the state of Ihram and complete your Umrah. It is 3 times more virtuous for a man to have his head shaved completely.

Women should trim their hair by an inch. They are not allowed to shave their head.

There are a number of barbershops near Haram, which are open 24 hours a day and generally only close during Salah times.

There are many barbershops in the Zamzam Towers, Hilton shopping complex and al-Safwa Towers. You will also see many barbers located outside the Marwah door after you finish Sa'i.





Congratulations on completing your Umrah!



May Allah accept all your duas & prayers. And may He call us over and over again to perform Hajj & Umrah & visit his beloved house insha'Allah.

**If you found this Umrah guide helpful,
please share with your family & friends as a
form of Sadqah Jariya :)**

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