TAWAKKUL
HAJJ UMRAH

Umrah checklist

Tick each item as you prepare. Print this page or keep it on your phone. This is a general guide; please confirm visa, health and entry requirements with official sources before you travel.

Documents

- [ ] Passport valid for at least 6 months
- [ ] Umrah visa or Nusuk confirmation (check current rules)
- [ ] Flight tickets
- [ ] Hotel confirmations
- [ ] Travel insurance
- [ ] Vaccination certificates required by the authorities (check current official requirements)
- [ ] Passport photos and photocopies of important documents
- [ ] Emergency contact details saved on your phone and on paper

Ihram and clothing

- [ ] Two white ihram sheets and an ihram belt (men)
- [ ] Open-toe sandals or ihram-appropriate footwear (men)
- [ ] Modest, comfortable clothing and scarves (women)
- [ ] Prayer clothes and a lightweight prayer mat
- [ ] Extra underwear, socks and a spare outfit in your hand luggage
- [ ] Small waist pouch or bag for valuables

Health and comfort

- [ ] Personal medicines and prescriptions
- [ ] Unscented soap, shampoo and deodorant (for use in ihram)
- [ ] Comfortable walking shoes
- [ ] Blister plasters and foot cream
- [ ] Water bottle, hand sanitiser and masks

- [ ] Power bank and travel adapter

Worship

- [ ] Dua book and Quran
- [ ] Tasbih or counter
- [ ] Notebook for your duas
- [ ] Steps of Umrah saved or printed

Before you leave

- [ ] Learn the steps of Umrah with your guide
- [ ] Settle debts and ask forgiveness from those you may have wronged
- [ ] Tell your bank you are travelling and arrange some currency
- [ ] Save your hotel name and address in Arabic and English
- [ ] Share your itinerary with family

Umrah in easy steps

1. Prepare and make your intention

Take a bath (ghusl) or make wudu. Men wear two plain white unstitched sheets (ihram); women wear modest everyday clothing. Intend Umrah for the sake of Allah.

2. Enter ihram and say the talbiyah

At the miqat, make your intention and start saying: Labbayk Allahumma labbayk, labbayk la sharika laka labbayk, innal-hamda wan-ni'mata laka wal-mulk, la sharika lak. Keep saying it until you see the Kaaba. Follow the ihram rules (no perfume, no cutting hair or nails, no arguing).

3. Tawaf

Enter Masjid al-Haram, start at the Black Stone corner and walk seven circuits with the Kaaba on your left, making dua as you go.

4. Two rak'ahs and Zamzam

Pray two short rak'ahs, ideally behind Maqam Ibrahim if it is not crowded, or anywhere in the mosque. Drink Zamzam and make dua.

5. Sa'i

Walk seven laps between Safa and Marwah, starting at Safa and finishing at Marwah. Men jog lightly between the green lights.

6. Cut or shave your hair

Men shave or trim all their hair. Women trim a fingertip length from the ends. Your Umrah is complete, alhamdulillah.

General guidance only. Rulings can differ depending on your situation and school of thought; please follow your guide or a trusted scholar. Entry, visa and health requirements change, so always confirm them with official sources (for example the Saudi Ministry of Hajj and Umrah and, for UK travellers, GOV.UK travel advice).