

COMPLETE STEP BY STEP GUIDE FOR UMRAH

A Useful Pocket Guide



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Introduction

All praise is due to Allah, and peace and blessings upon His Messenger Muhammad (saw).

This brief but comprehensive pocket guide is presented to you to outline the rituals of Umrah. It contains all the necessary information regarding the methods, rites and legal aspects of Umrah.

Strict care must be taken to perform Umrah with Ikhlaas (sincerity) - solely to please Allah (swt), adhering to the Sunnah of His Prophet (saw). An Umrah is considered a minor pilgrimage as compared to Hajj. It is a recommended Sunnah which is not obligatory. Umrah can be performed any time of the year except for the 5 days of Hajj (which is a disliked act). One who steps out to perform the Umrah is considered a pilgrim till he returns home.

“One Umrah is an expiation of sins committed between it and the next Umrah.” (Hadith -Bukhari, Muslim). This hadith implies that one should strive to perform Umrah multiple times as it cleanses one of past sins.

“Do Hajj and Umrah one after the other, as they remove poverty and sins just as fire separates impurities from iron, gold and silver.” (Hadith -Tirmidhi)

The reward of performing Umrah during Ramadan is equal to that of performing Hajj with the Prophet (saw). (Abu Dawud)

May Allah pardon me for any errors in this booklet, and abundantly reward all those who have made this publication possible.

Preparations before Umrah

- Make the intention to perform Umrah with sincerity.
- Repent for your past sins and make an intention to abstain from them in the future.
- Make sure you have halal earnings for this sacred journey.
- Resolve to make up past missed prayers, fasting and zakat.
- Seek forgiveness from parents, relatives and acquaintances you may have hurt.
- Make a will in writing, signed by two adult witnesses. Hand it over to your lawyer or a close relative.
- Prepare to embark on this journey with a feeling of disconnection from the world.
- Learn about Umrah and how to perform it.
- Get in the spirit of Umrah - an act of love and submission to Allah.
- Get physically fit. Eat a balanced diet. Get used to sleeping early and waking up early.
- Start learning the duas and zikr necessary for the Umrah.
- Make arrangements for your dependants left behind.
- Make arrangements for any debts to be paid off.

-Get vaccinated for meningitis, polio and/or flu (or as per Saudi requirement).

-Check your passport. Passport should have 6 months validity from the departure date.

-Photocopy all your essential documents. Keep a copy in your checked-in luggage.

-Make sure you carry sufficient amount of Saudi Riyals plus credit cards etc.

REMEMBER TO TAKE WITH YOU

| NECESSARY | TOILETRIES | MEDICINES | MISC |
|--------------------------------------|---------------------------------------|-------------------------------|----------------------|
| Passport ticket and visa photocopies | Miswak, Toothbrush, toothpaste | Prescribed/other medication | Universal Adaptor |
| Vaccination card | Non-perfumed Soap, shampoo | Tablet for nausea, vertigo | Alarm clock |
| Money | Brush, comb | Pain relief | Earplugs |
| Important contact numbers | Nail cutter, scissors | Throat lozenges, anti-allergy | Eye mask |
| Pocket-sized Quran and Dua book | Pocket tissues, wet wipes (unscented) | Cold & Flu relief | Small mirror |
| Mobile phone and charger | Deodorant | Antibiotic | Snacks, biscuits etc |
| Umrah guide book | Vaseline, lotion | Band-Aids | Zip lock bags |
| Charger, batteries | Sanitizer | Anti-bacterial cream | Money belt |
| | Safety pins | Anti-rash cream | Leather socks |

BEFORE LEAVING HOME

- Remove unwanted hair from private areas, armpits. Trim nails.
- Perform ghusl (full body wash) and apply perfume on your body.
- Wear your Ahraam garments now if you will find it difficult to wear them later on.
- Read two rakaats of traveling.
Followed by the dua for ease and acceptance.

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

(I leave) in the name of Allah, I place my trust in Allah, there is no power (to stay away from sins) and no strength (to do good deeds) except with Allah's assistance.

- Tell yourself to mentally relax. Remind yourself to take one thing at a time otherwise it will be difficult to cope.
- Leave your ego and temper behind. Exercise humility.
- Set daily goals for Quran recitation, nafl salah, duas, meditation, reflection, tasbeehat, etc.
- Stay light. Limit baggage to the essentials.
- Carry a light backpack for essential belongings like cash, a mini Quran, a compact dua book, lightweight jaanamaz (prayer mat), tissues, a pocket-sized Umrah guide, snacks, etc.

Ahraam

-Ahraam means to enter into a state in which certain prohibitions apply-i.e. certain lawful things become unlawful. When a person pronounces the Talbiyah (labbaik Allahumma labbaik.....) he enters into the state of Ahraam.

-The two unstitched garments that a male pilgrim wears are also called Ahraam but the real Ahraam are Niyyah (intention) and Talbiyah. Without the latter, one does not enter the state of Ahraam.

-A woman's Ahraam consists of her normal clothes that cover her body. Nothing should be seen except her face, hands and feet. In presence of Non-mahrams, the face should be concealed in a manner that nothing touches the face itself (this is only for those who wear a Niqab).

-A pilgrim should trim the nails, shave the armpits and pubic hair, take a bath, comb the hair and perfume the body before putting on Ahraam garments.

-Male pilgrims should wear sandals or slippers so that the central bone of the foot is left uncovered.

-These prohibitions apply as soon as the pilgrim makes the intention for Umrah and starts reciting Talbiyah.

-The intention for Umrah should be made at Meeqat or before.

-The two Nafils of Ahraam can be prayed at home, at the airport, or in the airplane. It is Sunnah to recite Surah-e-Kafiroon in the first Rakat, and Surah-e-Ikhlaas in the second Rakat.

Prohibitions in Ahraam

-A pilgrim may not apply perfume, or use any item which contains fragrance, or consume fragrant raw food e.g cardamom, clove, cinnamon, etc

-He must not cut nails, cut or pluck hair.

-Must not indulge in intimate talk with sexual undertones or have conjugal relations.

-Must not hurt or kill animals.

-Must not commit a sin.

-Must not get involved in arguments or quarrels.

-Must not remove dirt from the body or cause the hair to fall.

-Male pilgrims must not wear stitched clothes.

-Men must not wear footwear covering the central bone of the foot.

-Men must not cover their head and face.

-Women must not cover their faces. In presence of men, they must maintain a covering that does not touch the face.

Permitted Acts in Ahraam

- To take a bath without rubbing off dirt from the body
- To wear a ring, watch, sunglasses, money belt, and hearing aid
- To use an umbrella
- To use a miswaak
- To file a broken nail
- To apply non-fragrant *kajal*
- To tie a bandage
- To place head or cheek on the pillow
- To kill a dangerous animal
- To change Ahraam garments
- To use a blanket while sleeping (head and face should remain uncovered)
- To pull out a tooth where necessary

Meeqat

-The Meeqat are designated places which a pilgrim can cross only in a state of Ahraam.

-The Meeqat were defined by the Prophet (saw).

- Dhul Hulaifa for the people of Madinah.
- Al Juhfa for the people of Syria, Egypt.
- Qarn ul Manazil for the people of Najd.
- Yalamlam for the people of Yemen.
- Dhat ul Irq for the people of Iran, Iraq.

-A pilgrim must wear his Ahraam at Meeqat or before.

-The Niyyah for Ahraam must be made at Meeqat (or earlier)

-The pilgrim should offer 2 Rakats before making Niyyah.

-If a pilgrim is flying to Jeddah airport, the Meeqat boundary is crossed 15 minutes prior to landing.

-Intention for Umrah

اللَّهُمَّ إِنِّي أُرِيدُ الْعُمْرَةَ فَيَسِّرْهَا لِي وَتَقَبَّلْهَا مِنِّي

"O Allah! I intend to perform Umrah. Make it easy for me and accept it from me."

-The state of Ahraam starts after reciting Talbiyah.

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

-Talbiyah should be recited every now and then, before sleeping, after waking, while ascending, descending, after prayers, etc

Virtues of Makkah Mukarramah

- Nowhere in the world is a land as sacred as Makkah.
- Allah (swt) has sworn by the city of Makkah in the Qur'an.
- It has been referred to as Umm-ul-Quraa in the Qur'an which means "Mother of all Towns".
- The first House of Allah (Baitullah) appointed for mankind was at Makkah.
- Allah made it a Haram (sanctuary) where it is not permitted to shed blood, cut a tree, to kill, hunt animals, or pick up a lost item not belonging to you.
- The prayer in Masjid-ul-Haram is 100,000 times superior to a prayer in any other place.
- Makkah is the Qiblah for all the people on Earth.
- Allah chose Makkah for the rites of Hajj.
- It is a place of return for people and a place of security. That is why the heart keeps yearning to return to it.

Entering Makkah Mukarramah

- Pilgrims should learn and observe etiquette (Adab) before entering the Holy City.
- Enter the holy city in a state of wudhu, with humility and overwhelming love.
- Recite talbiya frequently, along with durood, tahleel, takbeer, and other azkaar.
- Refrain from meaningless conversation or useless activities.
- One should be mindful of hurting or pushing others in a crowded situation.
- Likewise we should immediately forgive those who hurt us.
- Like good deeds, sins are also multiplied in Makkah so avoid sin.

Entering the Haram

-While entering the Masjid ul Haram, step inside with your right foot and make this dua

رَبِّ اغْفِرْ لِي ذُنُوبِي وَافْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

O Allah! Forgive me my sins and open for me the doors of your mercy.

-Whenever you enter the Haram (or any other masjid) make an intention of Aitikaaf (spiritual retreat). Aitikaaf earns more merit.

-On seeing the Kaabah, raise your hands in dua and say

- Allahu Akbar
- Recite durud
- Make dua for as long as you can.

Duas are accepted at the first glance of the Kaabah.

-Tawaf is the greeting for this Masjid. If you can't perform tawaf, pray 2 circuits Tahiyatul Masjid (provided it is not a Makruh time).

-Women cannot enter the Masjid in a state of menstruation.

-When you step out, recite

اللهم انى اسالك من فضلك

“O Allah I ask you from your bounty”

-Do not eat smelly foods like raw onions, garlic etc before coming to the Masjid.

-Switch off/mute your cell phone so as not to disturb other believers.

-Avoid worldly talk, discussions, business transactions, and games in the Haram.

-Do not disturb others by raising your voice during recitation or dua.

-It is a grave sin to take home property of the Haram like copies of the Quran, chairs, etc

-Do not pick up an item someone may have dropped. Leave it where it is.

Tawaf

-Tawaf involves going around the Kaabah anti-clockwise 7 times beginning from the Black Stone (Hajr-e-Aswad).

Preparation

-Pass the upper sheet of ahraam from underneath the right arm and drape it on the left shoulder. This act exposes the right shoulder and is called Idtiba.

-Tawaf is done in a state of wudhu.

-Recitation of talbiyah stops when you reach The Black Stone.

Intention (Niyah)

-Intention is an essential part of Tawaf.

-Stand in front of the Kaabah facing The Black Stone (Hajr-e - Aswad). Then without raising your hands, make the intention for tawaaf (verbal or non-verbal)

"Oh Allah I intend to perform Tawaaf of Umrah to please you. Accept it from me and make it easy for me."

Istilam

-Go towards Hajr e Aswad and kiss it if possible, or touch it with a stick and kiss the stick. If that is not possible then raise your hands to your ears keeping your palms open towards Hajr e Aswad and say

Bismillahi Allahu Akbar WaLila Hil Hamd

-Drop your hands down.

-Point your palms again towards Hajr-e-Aswad and kiss them.

-This act is called Istilam.

Start of Tawaf

-Start the Tawaf around the Kaabah anti-clockwise.

-The Hateem (semi-circle) must be encircled during the Tawaf because it is part of the Kaabah.

-During the Tawaf, the person must not look at the Kaabah (except when starting the Tawaf at the Black Stone).

Ramal

-For the first three circuits men are recommended to walk briskly. This is a Sunnah act called Ramal. In the other four circuits they should walk at a normal pace. If brisk walking is not possible due to heavy crowds, they can walk normally. Ramal and Idtiba are only performed in a Tawaf followed by Sae'e.

Supplications During Tawaaf.

-There are no fixed supplications for Tawaaf. One can recite the Quran, Names of Allah, do Zikr, make personal duas etc. Duae don't have to be necessarily in Arabic. One can make supplications in any language, as long as the heart is engaged. Between the Rukn-e-Yemeni (The Yemeni or the Fourth Corner) and the Black stone, it is Sunnah to recite the following prayer

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ
حَسَنَةً وَقِنَا عَذَابَ النَّارِ

RABBANA AATINA FID DUNYA HASANAH
WA FIL AAKHIRATI HASANAH WA QINA AZAABAN NAAR.

O Allah Grant us the best in this world and in the next world and save us from the torment of the fire

It is Sunnah to touch Rukn-e-Yamani with both hands or with one hand as you pass it. But if you cannot due to heavy crowds, you pass by without motioning towards it.

Hatim

Hatim is a semi-circular half-built wall which was originally a part of the Kaabah but it got left out due to lack of funds when the Kaabah was being rebuilt by the Quraish. It is obligatory to encircle the Hatim during Tawaaf.

End of Tawaf

-When you complete 7 rounds do istilam of Hajr e Aswad for the eighth time, saying

Bismillahi Allahu Akbar Wa Lillah Hil Hamd

Your Tawaf is now complete. Men should cover both shoulders now.

Two units of prayer

Next offer two units of prayer behind or close to Maqam-e-Ibrahim without covering your head. If it is *Prohibited or *Makruh time you have to wait until the time you can offer this Nafil. If it is crowded, the prayer can be offered anywhere in the haram.

It is Sunnah to recite Surah-e-Kafiroon in the first Rakat and Surah-e-Ikhas in the second Rakat.

Zamzam

Now proceed to drink Zamzam water. Face the Kaabah and drink it while standing. Whatever intention is made while drinking Zamzam is fulfilled.

-Dua while drinking Zamzam

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا وَرِزْقًا
وَاسِعًا وَشِفَاءً مِنْ كُلِّ دَاءٍ

O Allah, I ask You for beneficial knowledge,
plentiful provision and cure from all diseases

(masnoon dua: Hisnul Hasin)

-During Tawaf, do not indulge in useless or worldly talk.

-Do not recite or make Duas in a loud voice - it is very disturbing for others.

-After completing Tawaf, it is preferable to go to the Multazim (wall between the Black Stone and the door of the Kaabah)-provided it is not too crowded. Cling to this wall and make fervent Duas. Supplications made here are accepted. Nowadays the cloth of the Kaabah is heavily perfumed so don't touch it if you are in a state of Ahraam.

-Women should avoid going near the Kaabah if it is very crowded. Remember, touching the Hajj e Aswad or the Multazim is a Sunnah, but non- Mahram men touching women is a sin.

-Women cannot perform Tawaf during their period. They should not expose their shoulders or walk briskly in Tawaf like men. If the Mataaf area is crowded heavily, they should use the upper floors for tawaf.

-During the Tawaaf, a pilgrim may not face the Kaabah or look at it, except at the starting point of each round.

-A pilgrim should perform Wudhu again if it is broken during Tawaaf. If it breaks before the completion of first four rounds, he has to start the Tawaaf again. But if it breaks after the completion of four rounds, he may resume Tawaaf from where he had left off.

*Prohibited times

-from dawn until 12 minutes after sunrise

-noon until the sun has passed its zenith

-when the sun begins to set till it sets completely

*Makruh times

-after fajr salaah until after sunrise

- after asr salaah until maghreb

Sa'ee

- Sa'ee literally means to walk and to run. In Shariah, it means covering the distance between Safa and Marwah seven times.
- Niyyah (intention) is not a prerequisite for Sae'e.
- Sa'ee must be performed after a Tawaf.
- Wudhu is not a requirement for Sae'e.
- Sa'ee must be performed on foot unless there is a valid reason.
- It is Makrooh to indulge in vain talk during Sae'e.
- It is Makrooh to take intervals between the seven rounds without a valid excuse.

Start of Sa'ee

- Proceed towards the Mount of Safa reciting the following

﴿ إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ فَمَنْ حَجَّ الْبَيْتَ أَوْ اعْتَمَرَ فَلَا جُنَاحَ عَلَيْهِ أَنْ يَطَّوَّفَ بِهِمَا وَمَنْ تَطَوَّعَ خَيْرًا فَإِنَّ اللَّهَ شَاكِرٌ عَلِيمٌ ﴾

Indeed Safa and Marwah are among the signs of Allah. So whoever makes Hajj to the House or performs Umrah- there is no blame upon him for walking between them. And whoever intends good – then indeed, Allah is Appreciative and Knowing.

- Make the intention to perform Sa'ee (not a prerequisite)
- Climb the hill of Safa and face the Kaabah, raise your hands in dua and recite

اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ،
لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ،
لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ
شَيْءٍ قَدِيرٌ، لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ أَنْجَزَ
وَعْدَهُ، وَنَصَرَ عَبْدَهُ وَهَزَمَ الْأَحْزَابَ
وَحْدَهُ

Allah is the greatest
Allah is the greatest
Allah is the greatest
None has the right to be worshipped except Allah,
He is alone, He has no partner
To Him belongs all sovereignty and praise
And He is omnipotent over all things
None has the right to be worshipped except Allah,
He is alone
He fulfilled His promise, aided His slave, and single-handedly defeated His
allies

-You may make other supplications as well.

. Sayyidna Abdullah bin Umrah (ra) and Sayyidna Abdullah bin Masood (ra) would recite between the green lights

رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ الْأَعَزُّ الْأَكْرَمُ

- Oh Allah forgive me and have mercy upon me, for You are the most Mighty and Honourable.

Proceed towards Marwah

-Climb down from Safa and start walking towards Marwah. You may make supplications in any language, do dhikr, recite durud, etc. There is no prescribed supplication during Sa'ee.

-Men have to jog or walk briskly between the green lights.

At Marwah

When you reach the top of Marwah, praise Allah facing the Kaabah repeating the same words that were recited at Safa.

-Safa to Marwah is one round.

-Seven such rounds have to be made.

End of Sa'ee

-The seventh round will end at Marwah.

-Face the Kaabah and make dua.

- Offer two rakats of Nafil in the Haram (optional) if the timing is not Makrooh or Haraam.

Halaq or Qasar

-A pilgrim must either get his hair shaved or trimmed after the Sa'ee, (Halaq or Qasar) within the boundaries of the Haram. Shaving the entire head is preferable to cutting the hair and earns more merit. The Messenger of Allah (saw) shaved his head and prayed thrice for those who shaved their heads, and only once for those who cut their hair.

-If not shaved, the hair must be trimmed at least an inch or more. If the hair is shorter than an inch, it has to be shaved.

-The sunnah is to cut this length of an inch or more from all of one's hair; the minimum requirement is 1/4th of the head.

-Women may make a ponytail and cut off an inch or more from the bottom. They are not allowed to shave their hair.

Completion of Umrah

-the Umrah is now complete.

-The restrictions of Ahraam are lifted.

-We should thank our Creator for providing us with an opportunity to perform Umrah.

Virtues of Madinah

Madinah is also referred to as Madinah al-Munawwara (City of Light), Madinat-un-Nabi (City of the Prophet) (saw) and Taiba (pure, pleasant). The old name of the city was Yathrib.

Many pilgrims do not understand the importance of Madinah. Nor do they value the time spent there. Every believer should have the love of Madinah in his heart. He should hope and pray to meet his end in the beloved city of the Prophet (saw).

The Prophet (saw) and his Companions loved Makkah and migrated from it with heavy hearts. But Allah planted the love of Madinah in their hearts. After the Conquest of Makkah, RasoolAllah (saw) chose to return to Madinah and made it his final home. He would pray to Allah to bestow blessings on this sacred city.

Madinah is a sanctuary. Its trees should not be cut and no innovations should be introduced here, nor any sins committed. Whoever does so will incur the curse of Allah, the angels and all the people.

One Salaah in the Masjid-un-Nabi is equal to a thousand salaahs in any other masjid. The Messenger of Allah (saw) had such immense love for Madinah that whenever he was returning from a journey, he would make his horse go faster as soon as he would draw close to the holy city.

Beneath the sacred soil of Madinah lies the blessed body of the final Messenger (saw) and the remains of thousands of his Companions. Whoever has the means to die in Madinah should do so, for the Prophet (saw) shall intercede on behalf of everyone who dies here or is buried in Jannat-ul-Baqi.

The Etiquette of Madinah

- To visit Madinah with the right intention, not as a casual tourist.
- To be involved in righteous deeds like recitation of the Quran, zikr, dua, durood, sadaqah, pursuit of sacred knowledge, dawah , assisting others and other such activities.
- To keep oneself away from sin and vain activities.
- To remain in a state of purity (wudhu), and to smell pleasant, and to wear decent attire.
- To send abundant durood on the Prophet (saw).
- To be in a state of humility and submission to the Rabb, especially when visiting the grave of the Prophet (saw).
- To be in a state of gratitude for having the opportunity of being in the blessed city.
- To display the best of manners.
- To speak in a low tone within the Masjid-e-Nabvi.
- To be careful not to waste food, electricity, time, etc. Even water, a precious commodity, should be used sparingly for wudhu and bathing.
- To be careful not to litter in the sacred city. A misdeed becomes magnified in this holy place.
- To make sure we don't step over people or jump over them in order to secure a place in the Masjid.
- To ensure we don't pray in walkways or pathways.

Don't Miss out

- Every time you enter the Masjid, perform two units of prayer called Tahiyattul-Masjid (unless the time is Haraam or Makruh).
- Visit the grave of the blessed Prophet (saw) and offer salaam to him and his two Companions (ra).
- Visit Masjid-e-Quba and pray nafil salaah there. Two units of prayer here earn the reward of one Umrah.
- Visit the martyrs of Uhud. Pray for them and offer salutations to them.
- Visit Riyadh-ul-Jannah (piece of Jannah) situated next to the grave of the Prophet (saw). Pray two units here. Do not push, shove, or exhibit rough behavior.
- Visit Jannatul-Baqi which is the graveyard outside the Masjid-e-Nabvi. Here lie buried the remains of the Prophet's family and thousands of His Companions. Pray for their forgiveness and ask Allah to elevate their ranks. Make dua that we should also join them and be raised with them on the Day of Judgment.
- Read any good seerah (biography) of the Prophet (saw). To know him is to love him, and to love him is to obey him.

May Allah make this journey a life-changing experience for all those who are destined with the honour of visiting the sacred city. Ameen.