



UMRAH GUIDE

A Step-by-Step Companion for Performing Umrah

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STEPS OF UMRAH

1

Assuming Ihraam

2

Tawaaf

(circling the Kaabah 7 times)

3

Sa'ee

(going between Safa and Marwah 7 times)

4

Shaving or Trimming
the Hair



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1

Assuming Ihraam

It is recommended to perform Ghusl (a full bath) before entering the state of Ihraam.

2

What Men Should Wear

- ◆ Wear two separate white, seamless cloths. One is wrapped around the waist, the other draped over the upper body.
- ◆ Wear sandals or slippers that expose the ankles and part of the feet.
- ◆ Do not cover the head. Hats, caps and turbans are not permitted.

3

What Women Should Wear

Women are to wear their normal Abaya, Jilbab, Khimaar but they are not permitted to wear Niqab or Gloves.

4

When to Wear Ihraam

You should wear the clothing of Ihraam before reaching the Meeqaat.



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5

Applying Perfume

Before making your intention (*Niyyah*) for **Ihraam**, men may apply perfume to their body as part of the *Sunnah*.

Once the intention for **Ihraam** has been made, perfume must no longer be applied whilst remaining in the state of **Ihraam**.

6

At the **Meeqaat**

Upon reaching the **Meeqaat**, make your intention (*Niyyah*) for Umrah and recite:

اللَّهُمَّ لَبَّيْكَ عُمْرَةً

“*Allahumma Labbayka Umrah*”

“Here I Am O’ Allah for You to perform ‘Umrah.’”

Take a moment to renew your sincerity and place your trust in Allah as you begin this blessed journey.

7

If Arriving by Plane

For those arriving by plane to **Jeddah**, the **Meeqaat** is passed shortly before landing, usually 20–30 minutes.

It is a must that one does not pass the **Meeqaat** without assuming **Ihraam**. For this reason, it is recommended to wear your **Ihraam** garments before boarding or well in advance during your flight.

Most airlines usually give you a notice whilst on the plane, but check yourself and be aware in case they do not.



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8

It is preferable to say the Talbiyyah in a loud voice from this point onwards:

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

*(Labbayk Allahumma labbayk, Labbayka laa shareeka
laka labbayk, Innal hamda wan-ni'mata laka
wal mulk laa shareeka lak)*

“Here I am O Allah, here I am for You -
there is no partner for You - here I am.
Verily all praise is for You; every bounty is from You,
and all kingdom is Yours - You have no partner.”

9

Talbiyaah is to be stopped
when arriving at the **Kaabah**.



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The Legislated Dua for entering any Mosque

بِسْمِ اللَّهِ، وَالصَّلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللَّهِ

اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

*Bismillah, Was-salatu was-salamu
'ala Rasoolillah ,*

Allahumafthah li abwaba Rahmatik

“In the name of Allah.

Peace and blessings be upon the Messenger of Allah,

‘O Allah open for me the doors of Your Mercy’



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Performing Tawaf with Wudu

You should be in a state of **Wudu** (ablution) before beginning Tawaf, as purification is a requirement for this act of worship.

Maintain your **Wudu** throughout Tawaf. If your **Wudu** is invalidated, renew it before continuing.

12

Where to Begin Tawaf

Begin your Tawaf at the **Black Stone** (*Al-Hajar al-Aswad*), ensuring the **Kaabah** remains on your left throughout all seven circuits.

Today, the starting point is clearly identified by the **green indicator lights**, located on your right-hand side, which align with the position of the **Black Stone**.

13

Beginning Tawaf

The **Sunnah** is to begin each circuit by touching and kissing the **Black Stone**, if this can be done without causing harm or difficulty.

As this is often not possible due to the large crowds, simply face the **Black Stone**, raise your right hand towards it, and recite:

بِسْمِ اللَّهِ , اللَّهُ أَكْبَرُ

Bismillah, Allahu Akbar

“In the Name of Allah. Allah is the Greatest.”

This is done at the beginning of **every circuit** of Tawaf.

14

After Indicating Towards the Black Stone

After pointing towards the **Black Stone**, it is not from the **Sunnah** to kiss your hand or wipe your face.

Simply continue your Tawaf with humility, remembrance of Allah and sincere devotion.



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The **Sunnah** for Men During Tawaf

During Tawaf, men should wear the upper Ihraam garment beneath the right arm and over the left shoulder, leaving the right shoulder uncovered. This is known as **Idtibā'** and is practiced only during Tawaf.

For the first three circuits, men should walk with a brisk and dignified pace (**Ramal**), without running or causing inconvenience to others. The remaining four circuits should be completed at a normal walking pace.

16

The **Yemeni Corner** (*Ar-Rukn Al-Yamānī*)

Each time you reach the **Yemeni Corner**, it is from the **Sunnah** to touch it with your right hand, if this can be done with ease.

If you are unable to reach it because of the crowds, simply continue your Tawaf. Unlike the **Black Stone**, it is not legislated to point towards the Yemeni Corner.

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The Supplication Between the Yemeni Corner and the Black Stone

It is from the **Sunnah** to recite the following supplication while walking between the **Yemeni Corner** and the **Black Stone**:

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ
حَسَنَةً وَقِنَا عَذَابَ النَّارِ

*(Rabbana aatina fid dunya hasanatan wa fil aakhirati
hasanatan wa qinaa adhaban naar)*

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

18

What to Recite During Tawaf

Apart from the supplication recited between the **Yemeni Corner** and the **Black Stone**, there are no specific **du'as** prescribed for the remainder of Tawaf.

Use this blessed time to remember Allah by reciting the **Qur'an**, making personal supplications, or engaging in **Dhikr**, in Arabic or any language you understand.

Speak to Allah with sincerity, humility, and hope, making this a moment of heartfelt worship and reflection.

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The Two Rak'ahs After Tawaf

After completing your Tawaf, cover both shoulders with your upper Ihraam garment before proceeding to **Maqām Ibrāhīm** (the Station of Ibrahim).

It is from the **Sunnah** to offer two Rak'ahs behind **Maqām Ibrāhīm**. Today, a designated prayer area is clearly marked with signs to assist pilgrims.

If the area is crowded or inaccessible, you may perform these two Rak'ahs anywhere within Al-Masjid Al-Haram, as this prayer is **Sunnah** and not obligatory (*Wājib*).

It is recommended to recite:

- First Rak'ah: **Sūrah Al-Kāfirūn** (109)
- Second Rak'ah: **Sūrah Al-Ikhlāṣ** (112)

20

Drink from the Blessed Water of **Zam-zam**

After the two Rak'ahs, proceed to take some **Zam-zam** and drink from its blessed water.

It is also **Sunnah** to pour the water over your head.



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Beginning Sa'ee at Şafā

After completing **Tawaf** and drinking **Zam-zam**, proceed to **Şafā** to begin the **Sa'ee**.

Upon approaching **Şafā**, recite:

إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ

Innaş-Şafā wal-Marwata min sha'a'irillāh.

“Indeed, **Şafā** and **Marwah** are among the symbols of Allah.”

This is recited **once only** at the beginning of **Sa'ee** upon reaching **Şafā**. It is **not** repeated during each circuit, nor upon reaching **Marwah**. Only this opening portion of the verse is recited, **not** the remainder of the *Āyah*.

22

Then Say

أَبْدَأُ بِمَا بَدَأَ اللَّهُ بِهِ

Abda'u bimā bada'a Allāhu bih.

“I begin with that which Allah began with.”

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Supplication at Ṣafā

After reaching Ṣafā, face the Qiblah and recite the following **three times**:

♦ 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
♦

*Lā ilāha illallāhu waḥdahu lā sharīka lahu, lahul-mulku
wa lahul-ḥamdu, wa huwa 'alā kulli shay'in qadīr. Lā ilāha
illallāhu waḥdahu, anjaza wa'dahu, wa naṣara 'abdahu,
wa hazamal-aḥzāba waḥdah.*

“None has the right to be worshipped except Allah alone, without partner. To Him belongs all dominion and all praise, and He has power over all things. He fulfilled His promise, granted victory to His servant, and defeated the confederates alone.”

This remembrance is recited **three times** at both Ṣafā and Marwah, each time facing the Qiblah. Between each recitation, it is from the **Sunnah** to raise your hands and make **Du'a**, asking Allah for whatever good you wish in this life and the Hereafter.



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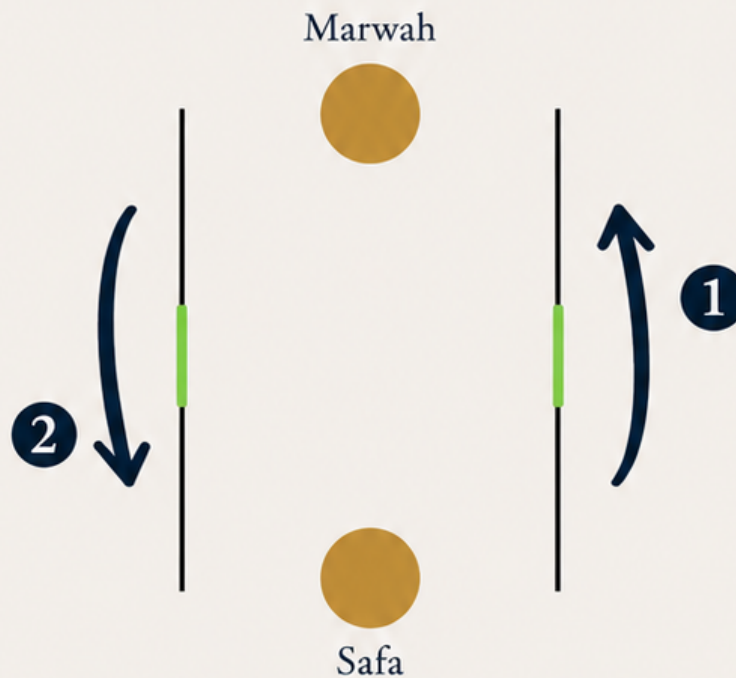
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24

Then go towards **Marwah**. Men should **run** between the fluorescent green lights.

Upon reaching **Marwah**, repeat the same supplication as mentioned previously, **three times** while facing the **Qiblah**.

This completes **one circuit**.



1 →

From **Safa** to **Marwah** is **one round**.

2 ←

From **Marwah** to **Safa** is **the second round**.

You do not need to go from Safa to Marwah to Safa to complete **one round**.



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There are no specific **supplications** prescribed between Safa and Marwa. During Sa'ee, remember Allah, recite the Qur'an, and make any du'a you wish.

26

Complete **seven circuits** in total, ending the seventh and final circuit at **Marwa**.

27

After completing Sa'ee, the pilgrim should have their **hair cut**.



Men should shorten the hair from all parts of the head, not from only one or two areas.

Shaving the head completely is better, as the Prophet ﷺ supplicated three times for mercy and forgiveness for those who **shaved their heads**, and once for those who **trimmed their hair**.



Women should shorten their hair by approximately a **fingertip's length** from the ends of their hair.



Shaving the head is more virtuous for men.

28

The rights of **Umrah** have now been completed and the state of **ihram** has ended.



May Allah accept from Us all.

