

## Preparation (before Miqaat)

- Trim nails, cut hair, etc. Clean well with soap.
- Make ghusl/wudhu, with niyyah that one is doing it for ihram.
- Men may apply 'itr to heads/beards, ensuring not to get any on the Ihram garments.

## Ihraam

- Men: two pieces of cloth; upper part of feet uncovered  
Women: normal clothes; faces not touched by covering
- Perform two rak'at sunnah Salat-ul-ihraam  
Men: Use shoulder length of ihraam as head-covering; uncover head after the salah.
- Make niyyah and talbiyah (*waajib*- necessary for ihraam)

اللَّهُمَّ إِنِّي أُرِيدُ الْعُمْرَةَ فَيَسِّرْهَا لِي وَتَقَبَّلْهَا مِنِّي

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

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

*Here I am at Your service, O Allah. I am present. You have no partner; I am present. All praise and graciousness as well as the entire universe is Yours; You have no partner.*

- Recite *salah & salam* (blessings) on Prophet صلى الله عليه وسلم
- Du'a: اللَّهُمَّ إِنِّي أَسْأَلُكَ رِضَاكَ وَالْجَنَّةَ وَأَعُوذُ بِكَ مِنْ غَضَبِكَ وَالنَّارِ  
*Oh Allah; I ask You Your pleasure and Paradise; and I seek refuge in You from Your wrath and the Fire.*
- No: arguing, vulgar language, clipping/cutting/breaking/pulling nails & hair, combing hair, killing animals/insects (except harmful), using perfume/anything scented, covering the head/face (men)

## En Route to Makkah (after Miqaat)

- Recite talbiyah abundantly.
- On the outskirts of Makkah

اللَّهُمَّ إِنَّ هَذَا حَرَمُكَ وَحَرَمُ رَسُولِكَ فَحَرِّمْ لَحْيِي وَدَمِي وَعَظْمِي عَلَى النَّارِ. اللَّهُمَّ أَمْتِي عَدَابِكَ يَوْمَ تُبْعَثُ عِبَادُكَ

*Oh Allah, this is your sacred land and the sacred land of Your Prophet, so sanctify my flesh, blood, and bones from the Fire. O Allah, protect me from Your punishment on the day You resurrect Your servants.*

- Entering Masjid-ul-Haram (Salaam Gate or Umrah Gate if possible), right foot first, recite du'a:

بِسْمِ اللَّهِ وَالصَّلَاةِ وَالسَّلَامِ عَلَى رَسُولِ اللَّهِ اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

- (Men) Make *niyyah* for *nafl i'tikaaf*

نَوَيْتُ الْإِعْتِكَافَ لِلَّهِ عَزَّ وَجَلَّ مَا دُمْتُ فِي الْمَسْجِدِ

*I intend i'tikaaf for Allah as long as I am in the masjid.*

## UMRAH • العَمْرَةَ

- Ihraam
  - Talbiyah en route
- Tawaaf (m: idhtibaa+ramal)
- Two rak'at wajib salah behind Maqam-Ibrahim
- Multazam (du'a)
- Zamzam well
- Sa'i of Safa and Marwah
- Shave/trim hair.

## (First) Sighting the Ka'bah

- Raise hands in du'a, standing
- Recite three times:

اللَّهُ أَكْبَرُ - لَا إِلَهَ إِلَّا اللَّهُ

- Make du'a:

اللَّهُمَّ أَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ فَحَيِّتَا رَبَّنَا بِالسَّلَامِ اللَّهُمَّ زِدْ هَذَا

الْبَيْتَ تَشْرِيفًا وَتَعْظِيمًا وَتَكْرِيمًا

وَمَهَابَةً. وَزِدْ مَنْ شَرَفَهُ وَكَرَّمَهُ مِمَّنْ حَجَّهَ أَوْ اعْتَمَرَهُ تَشْرِيفًا وَتَعْظِيمًا

وَتَكْرِيمًا وَبِرًّا

*Oh Allah! You are Peace and from*

*You is peace, so keep us alive with peace. Oh Allah, increase this house of Yours with reverence, dignity, honor and respect; and increase those who perform Hajj or Umrah towards it in dignity, honor, reverence, obedience, righteousness.*

## Intention for Tawaaf

اللَّهُمَّ إِنِّي أُرِيدُ طَوَافَ بَيْتِكَ الْحَرَامِ سَبْعَةَ أَشْوَاطٍ لِلَّهِ تَعَالَى فَيَسِّرْهَا لِي وَتَقَبَّلْهَا مِنِّي

*Oh Allah: I intend to perform Tawaaf of your sacred House, seven circuits for Allah's sake, so make it easy for me and accept it from me.*

## Tawaaf

- Make sure you have *wudhu'*
  - Men: make *idhtibaa* (uncover right arm & shoulder)
- Go towards *Hajr-ul-aswad* corner, face *Ka'bah* with *Hajr-ul-aswad* on your right side, *Rukn Yamaanee* on left
- Make niyyah for Tawaaf (*waajib*)
- Move (sideways) to starting point of Tawaaf: squarely opposite or diametrically opposite *Hajr-ul-aswad*. Raise hands (like starting prayer) and say:

بِسْمِ اللَّهِ اللَّهُ أَكْبَرُ لَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ الْحَمْدُ

- Make *istilaam* (place both hands on Hajr and kiss gently 3x between the palms). If not possible, merely place hands on the stone. If not possible, standing diametrically opposite, stretch both hands with palms facing Hajr-ul-aswad; then kiss the hands.
- Start Tawaaf circuits (*Ka'bah* on your left)
  - Men: *ramal* (hasty, forceful, short steps) first 3 circuits
- At *Rukn Yamaanee* place right palm or both palms on it each round, if possible, otherwise nothing.
- Recite any du'a, dhikr, Qur'an during tawaaf.
- At Hajr-ul-aswad, make *istilaam* each time around (Total of 8x).
- Complete 7 rounds. If prayer time or wudhu breaks, stop and then resume *tawaaf* from same position.

## Du'as During Tawaaf

سبحان الله والحمد لله ولا إله إلا الله والله أكبر

ولا حول ولا قوة إلا بالله العلي العظيم

*Glorified is Allah; and all praise is due to Allah; and there is none worthy of worship except Allah; and Allah is the greatest; and there is not strength and no power except with Allah, the Exalted, the Great.*

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ

يُحْيِي وَيُمِيتُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

*There is none worthy of worship but Allah alone, no partners are unto Him, His is the dominion and His is the praise. He gives life and He gives death and He is capable of everything.*

اللَّهُمَّ فَتَنِّي بِمَا رَزَقْتَنِي، وَبَارِكْ لِي فِيهِ

وَاخْلُفْ عَلَيَّ كُلَّ غَائِبَةٍ لِي بِخَيْرٍ

*Oh Allah, make me content with what You have provided for me and bless me with barakah therein, and replace for me everything that has gone with something better.*

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ .

*Oh Allah, truly I ask You for forgiveness and safety in this world and the Hereafter.*

**When in line with the meezaab:**

اللَّهُمَّ إِنِّي أَسْأَلُكَ الرَّاحَةَ عِنْدَ الْمَوْتِ وَالْعَفْوَ عِنْدَ الْحِسَابِ

*Oh Allah, I ask You for comfort at the time of death and forgiveness at the Reckoning.*

**Between Rukn Yamaanee and Hajr-ul-aswad corner, recite:**

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

*Oh Allah, Give us good in the world and good in the Hereafter and protect us from the punishment of the Fire.*

- **After 7 rounds of tawaaf**, stop idhtibaa, perform 2 rak'at waajib salaah behind Maqam-Ibrahim or any other place inside Masjid-ul-Haram, if not possible. (unless it is forbidden time for salaah - sunrise, zawaal, after 'Asr to sunset. For after 'Asr, perform the 2 rak'at right after the fardh of Maghrib.) Recite Surah Kaafiroon and Ikhlāas. These rak'ats go with every tawaaf.
- **Multazam:** (between door and Hajr-ul-aswad) Cling to wall of Ka'bah (if possible) and make du'a.
- **Zamzam:** Go to the well and drink as much water as possible. Stand facing Ka'bah while drinking with right hand. Make du'a.

## Drinking ZamZam

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا وَرِزْقًا وَاسِعًا وَشِفَاءً مِنْ كُلِّ دَاءٍ

*O Allah, I ask You for knowledge that is beneficial, provision that is abundant and cure from every illness.*

## Approaching Safa

- (*Mustahab*) Before starting - return to Hajr-ul-aswad and make *istilaam* (9th one).

إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ

*Indeed, Safa and Marwah are from the Signs of Allah... [2:158]*

## Sa'i between Safa & Marwah

- Proceed to Safa\*, climb onto rock, face Ka'bah, make the *niyyah* (sunnah).

## Intention for Sa'i

اللَّهُمَّ إِنِّي أُرِيدُ السَّعْيَ بَيْنَ الصَّفَا وَالْمَرْوَةَ سَبْعَةَ أَشْوَاطٍ لِلَّهِ تَعَالَى فَيَسِّرْهَا لِي وَتَقَبَّلْهَا مِنِّي.

*Oh Allah: I intend to perform Sa'y between Safa and Marwah, seven circuits for Allah's sake, so make it easy for me and accept it from me.*

## Upon Safa and Marwah

- On Safa, facing Ka'bah, raise hands palms up in du'a, say: اللَّهُ أَكْبَرُ . لَا إِلَهَ إِلَّا اللَّهُ
- Recite durood (*salah & salam* (blessings) on Prophet (صلى الله عليه وسلم). Then recite following & make du'a:

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ

يُحْيِي وَيُمِيتُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ صَدَقَ وَعْدُهُ وَنَصَرَ عَبْدَهُ

وَهَزَمَ الْأَحْزَابَ وَحْدَهُ

*There is none worthy of worship but Allah alone, no partners are unto Him, His is the dominion and His is the praise. He gives life and He gives death and He is capable of everything.*

*There is none worthy of worship but Allah alone, who fulfilled His promise, and gave victory to His servant and defeated the confederates alone.*

- Start walking towards Marwa; engage in dhikr & du'a\*.
- Between green lights (*batn-ul-wadi*), men: slow run.
- At Marwah, do same as at Safa (du'a).
- Complete 7 rounds, ending at Marwah.
- After completed, perform 2 rak'at nafl at mataaf boundary (no problem if omitted).

## During Sa'i between Safa and Marwah

رَبِّ اغْفِرْ وَارْحَمْ . أَنْتَ الْأَعَزُّ الْأَكْرَمُ

*O my Lord! Forgive (me) and have mercy (on me)! Indeed, You are Most Mighty and Most Honourable.*

## Trimming/Shaving Head

- Men: better to shave. (use licensed barber)
- Women: trim 1 inch (length of 1st joint of forefinger)

**Umrah is complete.**