

# Simple Umrah Guide



## I. ihrām:

### ❖ The first step and the pillar of `Umrah is the ihrām

The duties of 'Umrah begins with ihrām at the Meeqat (a point some distance from Makkah beyond which a pilgrim may not pass without ihrām set by the Prophet S.)

### ❖ The ihrām takes place from the Meeqat.

#### **Prior to putting the ihrām:**

1. shave your underarm and pubic hair
2. clip your nails
3. take a bath (that includes menstruating women & those experiencing postnatal bleeding)
4. for men: perfume your head and beard but not the ihrām garments.

#### **Etiquette of the ihrām:**

**Men** are to change into their clothing of ihrām by wearing two pieces of fabric called

- ❖ **the Izaar**: covers the lower half
- ❖ **the Reda**: covers the top half of the body
- ❖ No other clothing is allowed to be worn in addition to the above (no underwear, no pants, no shirt, no turban, no hat, etc. are to be worn)

**Women** can stay in the clothing they are already wearing.

There is no specific clothing designated for women, except that they are prohibited from wearing the Niqaab (face-veil) and gloves.

## II. Meeqat (Dhul Hulayfah):

- Upon reaching the meeqat, the pilgrim will **pray two rakats**
- Make the **intentions** at the Meeqat to begin the rites of Umrah by entering the state of ihrām.
- The intention to perform Umrah must be made while the statement made afterwards is: "**Labayka 'Umrah**" or "**Allahumma labbayka 'Umrah**". **This statement begins the rites of 'Umrah.** (Translation: "In response to your call O Allah, I perform 'Umrah, here I am O Allah")

## Restrictions in the State of Ihrām:

- ❖ do not cut any of your hair
- ❖ do not clip your nails
- ❖ do not apply perfume (including scented soap, shampoo or scented wipes)
- ❖ do not touch spouse with desire
- ❖ avoid engaging in talks or texts that may causes desire
- ❖ do not perform intercourse

### Specifically, for Men:

- do not cover your head with anything
- do not wear any clothes that will shape your body includes under garments.
  - umbrellas, watches, rings, identification tag, stitched belt, sandals that don't cover ankle are all okay to use

### Specifically, for Women:

- do not cover your face or hands. In the presence of non-mahram men you can.

**Please Note:** Regarding the one who does any of these forbidden things out of forgetfulness or ignorance or because he/she is forced to do so, he or she does not have to offer any expiation.

*Alhumdulillah*, this allows one to enter the state of ihrām.

### III. Start Talbiyah:

Talbiyah: "**labbayk Allahumma labbayk, labbayka laa shareeka laka labbayk, innal-hamda wan-ni'mata laka wal-mulk, laa shareeka lak**"

Translation: "**In response to Your call. You have no partner. In response to Your call. All Praise and Blessings, and the Ownership of all that You created is Yours (alone). You have no partner.**"

- **We continue the Talbiyah throughout the trip to Mecca.**

### IV. Makkah (Al Masjid Al-Haram):

Upon arriving at the sacred mosque in Masjid Al-Haram, the sunnah is to **enter with your right foot** and **say**:

**"Bismillaah, wassalat wassalam ala rasulillah , Allahumma affahli Abwaaba Rahmatik"**

Translation: **In the name of Allah! O Allah! Exalt the mention of your Messenger. O Allah! open the gates of Your mercy for me).** You should enter in a manner expressing humility and gratitude to the blessings He, Almighty, conferred upon you.

## V. Ka'bah:

Upon arriving at the Ka'bah and approaching the Black Stone, stop reciting the Talbiyyah, and touch Black Stone with your right hand and kiss it.

- If this isn't possible, you should face the Black Stone and point to it.
- Don't push and shove, causing harm and being harmed by other people.

When touching the Stone, the following is said:

- "**Bismil-laah, Allahu Akbar**" (Translation: **In the name of Allah, Allah is the Greatest**) or "**Allahu Akbar**" (Translation: **Allah is the Greatest**)

## VI. Tawaaf:

During this **Tawaaf** it is preferred for men to do two things:

1. **Al-Idhtibaa'**: which is placing the middle of one's Reda' of Ihram under the right arm and the ends of it over the left shoulder.
  - When one is finished performing Tawaaf, you may return your Reda' to its original state because the time for A-Idhtibaa' is only during Tawaaf.
2. **Ar-Raml**: which means speeding up one's pace with small steps. This is only during the first three circuits only.

**Begin** the Tawaf by keeping the Kaaba to your left.

- Whenever one reaches or are parallel to the black stone point, **say: "Bismillaah, Allahu Akbar"**.
- **Do this for Seven times.**
- Between the yamani corner and black stone, say **Rabbana atina fil dunya hasana, wa fil akhirati hasana, wa qina 3athabal nar** (Translation: **Oh Allah grant us good in this life, and good in the hereafter, and protect us from hellfire.**)
  - other than this dua, there are no other prescribed duas for tawaaf.
    - one should make dua as an individual in whatever language they want
    - recite whatever you wish, supplicate to Allah by asking for good, recite the Quran, anything you wish
      - please do not join in group dua

## VII. Maqaam Ibraaheem:

When one completes the seven circuits of Tawaaf:

- approach Maqaam Ibraaheem
- men should cover their shoulder
- recite: "**wat takhithoo min maqaamee ibraheema musalla**" (Translation: **and take the station of Ibrahim as a place of prayer.**)
- place yourself between Ka'bah and Maqaam Ibraaheem
  - Due to the crowd, this will not be possible, therefore, move to the back and pray facing Ka'bah with Maqaam Ibraaheem in the sight. *There is a specific section for this that you will be able to spot without any special assistance.*
- pray 2 rakats reciting silently with suratul kafiroom in the first rakaat and suratul ikhlaas in the second rakat

- proceed to drink zam zam and take a short break if you want before Sa'i.
  - Prophet S said: "Zamzam water is for what it is drunk for."
  - He S also said: "it is blessed and it is a food and a cure for illness."

### VIII. Saa'i:

Then one should go out to the Mas'aa (place for Saa'i). When the pilgrim come near to al-Safa', they should recite (interpretation of the meaning):

إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ

**"Verily, As-Safa and Al-Marwah (two mountains in Makkah) are of the Symbols of Allaah"**  
(2:158)

When one reaches close to Al-Safa, **climb** until you can see the Ka'bah, then **face it** and **raise your hands** as in dua and **praise Allaah**, and **make du'aa'** as you wish.

The Prophet S used to say:

**Laa ilaaha ill-Allaah wahdahu laa shareeka lah, lahu'l-mulk, wa lahu'l- hamd, wa huwa 'ala kulli shay'in qadeer. Laa ilaaha ill-Allaah wahdah, anjaza wa'dah, wa nasara 'abdah, wa hazamaa alahzaaba wahdah**

Translation:

**There is no god but Allaah alone, with no partner or associate; His is the Dominion, all praise is due to Him, and He is able to do all things. There is no god but Allaah alone; he fulfilled His promise, granted victory to His slave, and defeated the confederates alone.**

- **One should repeat the dua of the Prophet S three times, and make du'aa' in between.**
  - recite this dhikr then make du'aa', then recite it again and make du'aa', and recite it a third time.

**After the third time, one should descend and go towards Marwah.**

- It is sunnah for men to run between the fluorescent green lights

**When reaching Marwah** climb upon it if it is possible, and **repeat the same procedure** as when ascending Safaa except recite the above-mentioned verse.

- **This completes one circuit.**

**Then one continues back to Safaa** running between the fluorescent green lights (for men only) - thus completing two circuits.

- ❖ *There are no particular supplications to be recited between Safaa and Marwah.*
- ❖ *Open your heart and make as much Duaa as possible.*

This continues until one **completes seven circuits finishing upon Marwah.**

### IX. Shave or Hair Cut:

After completing all seven Saa'i,

- **Men: shave or trim the hair**

- **Women: cut a centimeter of hair (more or less)**

**X. Exiting the state of Iḥrām:**

**The Umrah is now complete. You are no longer in a state of iḥrām.**

**All the prohibitions mentioned above are permissible again.**

**Mabrook Your Umrah is Complete!  
May Allah (Subhanahu wa Taala) accept. Ameen!**

