



UMRAH CHECKLIST

These are just our recommendations. Please feel free to add or take out whatever you wish. The items we highly recommend are in **bold**.

1. FOOD

- Reusable water bottle** (Optional: Collapsible)
- Granola bars (Energy &/or Protein)

2. CLOTHING & SHOES

- Personal Clothing
- Pair of extra flip flops**
- Good walking shoes**
- Non-skid, Hospital Socks for Sisters (Tawaaf)**



3. GENERAL SUPPLIES

- Plastic bags or Ziplock bags
- Umbrella
- Ear plugs & Eye covers
- Sunglasses
- Inflatable airplane pillow
- Optional: Extra collapsible large duffle bag (if you plan on shopping), quantity depending on your shopping list



4. ELECTRONICS

- Electric Shaver (with parts) &/or Razor Blades
- Travel AC Wall Adapter
- Unlocked GSM Quad Band Phone
- Optional: Portable phone charger



5. PERSONAL HYGIENE

- Unscented soap**
- Unscented deodorant**
- Unscented lotion or oil
- Unscented Vaseline
- Unscented Destin: Baby Diaper Relief for Rashes**
- Unscented hand sanitizer
- Unscented sunscreen
- Feminine hygiene products**



6. SPIRITUAL SUPPLIES

- Smartphone App (Hajj & Umrah Guide)**
- Smartphone Dua App (MyDuaa)**
- Smartphone Athkar App (Athkar)**
- Optional: Notebook & Pen (2+) for Notes & Reflections
- Optional: Tawaf Counter
- Optional: Personal Traveling Prayer Mat (Available in Medina)
- Optional: Itemized & budgeted shopping list



7. MEDICATION

- Your own prescription**
- Basic mini drugs kit** (allergy, pain relief, anti-diarrheal/digestive problems)
- Antibiotics as necessary** (you can also get them in Saudi)
- Ginger essential oil (to help with nausea/motion sickness, simply put a few drops in a tissue and breathe deeply)
- Sore throat and cough supplies** (numbing lozenges and cough drops)
- Cold medicines as necessary (you can also get them in Saudi)
- Topical pain reliever** for sore muscles/aches and pains (ex. Aspercreme)

8. DOCUMENTS

- Extra copies of passport and visas** (Qty: 2)

- Permanent marker/Masking, packing, or duct tape

9. OPTIONAL: HEAT MANAGEMENT SUPPLIES

- Mini squirt bottle
- Mini electric fan necklace, or a manual fan
- Large-brimmed hat to provide shade

