



Hajj/Umrah 101:

A Step-by-Step Handbook

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Foreword

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

نحمده ونصلي ونسلم على النبي الأمين، وعلى آله الطيبين
الطاهرين، وصحابته أجمعين، أما بعد:

Hajj is one of the fundamental pillars of Islam and a sacred obligation upon every able Muslim. Our beloved Prophet Muhammad ﷺ performed Hajj toward the end of his blessed life, and this pilgrimage became known as Ḥijjat al-Wadā' (The Farewell Pilgrimage), during which he left the Ummah with timeless guidance and profound lessons.

Within Hajj, we witness remarkable manifestations of unity: unity in sacred places, unity in rituals, unity in purpose, unity in action, and unity in supplication and speech. Hajj eliminates the barriers of regionalism, racism, and fanaticism, reminding humanity that all believers are equal before Allah. They worship one Lord, circumambulate one sacred House, follow one Messenger ﷺ, and perform the same sacred rites.

Hajj also serves as a spiritual training in peace, discipline, and self-restraint. The pilgrim is prohibited from harming animals or cutting vegetation, reinforcing the sanctity of life and environment. Furthermore, it is a powerful lesson in equality and humility. Pilgrims wear simple, unstitched garments, removing distinctions between wealth and status. In these garments, there is no visible difference between the wealthy and the poor, the ruler and the labourer; all stand as equal servants before their Creator.

In the 21st century, by the grace of Allah, the number of pilgrims continues to increase. However, many Muslims face challenges in learning the detailed rites and jurisprudence of Hajj. The demands of modern life often leave little time to study extensive legal manuals or lengthy scholarly texts.

Recognizing this need, my respected friend, Sh. Omer, has compiled this concise and practical guide to assist pilgrims in understanding and performing Hajj correctly and with confidence. This booklet provides clear guidance, practical advice, and accessible explanations to help pilgrims avoid common difficulties and maximize the spiritual blessings of their journey.

I humbly request the readers to remember me in their pious du‘ās when they visit the blessed lands of Makkah and Madinah, and I pray that Allah accepts the efforts of the author, benefits readers through this work, and grants all pilgrims a Hajj that is accepted (Hajj Mabroor), filled with sincerity, ease, and divine reward.

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Introduction

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

All praise belongs to Allah ﷻ, Lord of the worlds, the One who calls His servants to His House and purifies them through sacred journeys. May peace and abundant blessings be upon our master Muhammad ﷺ, the beloved Messenger who showed us how to worship, how to submit, and how to return to our Lord.

From among millions of Muslims across the globe, Allah ﷻ has chosen you. He has written your name among those invited to His House. Hajj is not simply a trip—it is a divine summons. It is an answer to the call first proclaimed by Ibrahim عليه السلام, a call that continues to echo through time until it reaches the hearts of those whom Allah selects. Allah ﷻ says:

وَلِلَّهِ عَلَى النَّاسِ حِجُّ الْبَيْتِ مَنِ اسْتَطَاعَ إِلَيْهِ سَبِيلًا

“Pilgrimage to the House is a duty owed to Allah by all who are able to undertake it.”

(Surah Aal ‘Imran 3:97)

Hajj is a journey of the body, but more importantly, it is a journey of the soul. It is a stripping away of titles, wealth, status, and distractions—so that you stand before Allah as nothing more and nothing less than His servant.

This guide has been thoughtfully prepared for pilgrims who may not always have consistent or immediate access to qualified scholars or mentors. It is intended to serve as a trusted companion in moments of uncertainty, a reliable reference when questions arise, and a source of reassurance when clarity is sought.

The ‘Umrah section of this book may be used throughout the year—both during the days of Hajj and beyond them—as the rites of ‘Umrah remain consistent regardless of season. Whether your journey is the greater pilgrimage or the lesser, the guidance herein is meant to accompany you step by step.

Throughout Islamic history, scholars of Ahlus Sunnah wal Jama’ah have differed on certain details of the rites—differences rooted in sincere scholarship and devotion to the Qur’an and Sunnah. Such diversity reflects the richness of our tradition, yet it can sometimes feel overwhelming for the pilgrim preparing for this sacred journey.

This handbook seeks to gently simplify that path. It presents the rites of Hajj according to the majority understanding of the scholars, grounded firmly in the Qur’an and the authentic Sunnah of the Prophet ﷺ,

and shaped by years of experience assisting pilgrims in Hajj and ‘Umrah.

This handbook is designed to be read before departure and carried with you during your journey. Each section builds upon the next, guiding you step-by-step through preparation, arrival, ‘Umrah, and the sacred days of Hajj.

It is my heartfelt prayer that Allah ﷻ accepts this humble effort and makes it a means of ease, clarity, and spiritual elevation for you. When you stand in ‘Arafah, when tears fall in Tawaf, when you raise your hands in Mina—remember this servant in your du‘as.

May Allah grant you a Hajj Mabroor—a Hajj that transforms your heart, forgives your sins, and writes your name among those brought near to Him. May you return home renewed, purified, and illuminated.

Syed M. Haqqani (Omer)
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Mental, Spiritual, & Physical Preparation



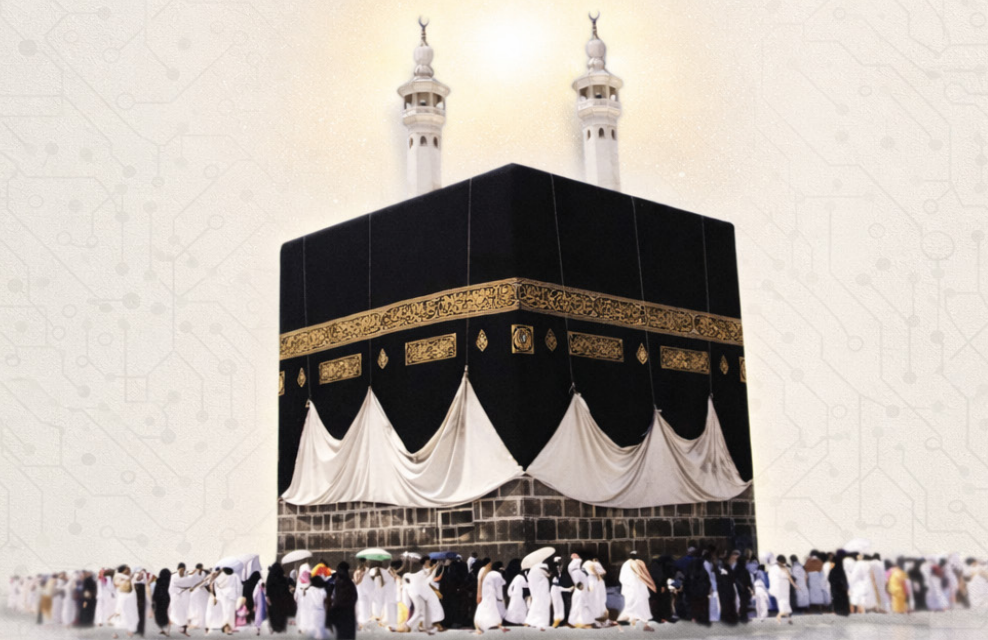
Mental



Spiritual



Physical



الْحُجَّ أَشْهُرٌ مَّعْلُومَاتٌ ۖ فَمَنْ فَرَضَ فِيهِنَّ الْحُجَّ فَلَا رَفَثَ وَلَا
 فُسُوقَ وَلَا جِدَالَ فِي الْحُجِّ ۚ وَمَا تَفْعَلُوا مِنْ خَيْرٍ يَعْلَمُهُ اللَّهُ ۗ
وَتَزَوَّدُوا فَإِنَّ خَيْرَ الزَّادِ التَّقْوَىٰ ۚ وَاتَّقُونِ يَا أُولِيَ الْأَلْبَابِ

*The Hajj is in the well-known months. So whosoever intends to perform Hajj therein, **then he should not have intimate relations (in the state of Ihram), nor commit sin, nor dispute unjustly during the Hajj.** And whatever good you do, (be sure) Allah knows it. And take a provision (with you) for the journey, **but the best provision is At-Taqwa (piety, righteousness, etc.).** So fear Me, O men of understanding! ^{C2v197}*

In this verse Allah(swt) tells us that the best provision we can take with us on this journey is Taqwa (piety, reverence, obedience) to Allah(swt). Hajj is a journey over a period of several days where several Ministries (Hajj & Umrah, Health, Transportation, etc.) and others work in unison to make the journey as comfortable as possible for the Pilgrims however there may be times where your patience might and will be tested. The best thing for you to say is Alhamdulillah and be patient and conscious and aware of Allah (swt). He is the one who brought you there and he is in charge of all your affairs.

Shoes Sandals Flip Flops (ankle & toes should be exposed in Ihraam for men)	Power Bank
Drawstring Bag (for shoes/slippers when going to the haram)	Good quality Masks (to protect from dust, smog, & pollution)
Medication (Prescription Medication) & Anti-Diarrheal/Motion Sickness	Unscented Products (Deodorant, shampoo, soap etc.)
Hard Copies of important Documents (Passport, itinerary, Tkts, Hotels, etc)	Prepare & leave copy of Will with Family/Atty.
Cellular Phone (Add international plan/data pass to your existing device. You can also purchase local eSim if your device supports dual sim)	Zip Lock Bags & Zip Ties
Travel Umbrella	Insulated Water Bottle
Gatorade/Liquid IV Powder Sachets	Good Quality Sunglasses
Daily Jogging/Running before departure	Apple Airtags

Shoes | Sandals | Flip Flops: Make sure you purchase them well ahead of time and use them regularly prior to your departure to eliminate any issues with size/comfort/ etc. It is also advisable to have a separate pair with you that you can designate to wear exclusively inside the Haram especially during the ritual of Saee.

Drawstring Bag: Make sure to get a good quality one with thicker strings for comfort as you will be wearing this for extended periods of time. You will use this to keep your footwear with you every time you go to the haram (both in Makkah/Madinah) along with your prayer rug, water bottle, and anything else you may need to keep with you.

Medication: Most of the nonprescription medication (Tylenol/IbuProfen/Aspirin, etc.) will be available there but it is always best to take them with you. If you are on prescription medication, make sure to take enough with you that will last you through the entire trip and still have some left over. Make sure to also take a copy of your prescription in case your medication is lost/misplaced and you need to replace it.

Hard Copies of important Documents: Make sure to have hard copies of all important documents (Passport, itinerary, Tickets, Visa, Hotels, etc) as a backup in addition to having soft copies.

Mobile Device: Add international plan/data pass to your existing device. You can also purchase local eSim/physical sim if your device supports dual sim. All local carriers (Zain, Mobily, STC) are priced competitively and work great. You will need to have a copy of you visa and sometimes your passport with you when you go to purchase. You will also be fingerprinted for the sim.

Travel Umbrella: Make sure to utilize the umbrella every time you step out in the sun. This is applicable even if you are just going to the Haram from your hotel room and it should be used especially during the days of Hajj as temperatures will be extremely high. Each year heat/sun stroke is one of the leading causes of illness and death among the pilgrims.

Gatorade/Liquid IV Powder Sachets: In addition to being protected from the sun/heat staying hydrated at all times is equally important. Try to consume one sachet each day even if you think you don't need it.

Daily Jogging/Running: Hajj is a physical journey that involves a good amount of walking during the rituals of Hajj/Umrah. Make sure that you are

physically preparing yourself for it by walking/ jogging at least 30 minutes day at least a month before your departure date. It is also a good idea to do it in the footwear that you will be utilizing during your hajj.

Power Bank: Power outlets will be limited throughout the days of hajj (in Mina, Arafat, Muzdalifah). It is important to have a good brand/ capacity of power bank for your mobile devices.

Unscented Products: Unscented products such as deodorant, shampoo, soap, etc. that are to be used only during the days when you will be in the state of Ihram. Regular products can be used the rest of the time.

Sunglasses: Invest in some good quality sunglasses as the sun will be incredibly bright especially in Makkah in the Haram where the tiles are also white and the sun light reflects from them as well.

Apple Airtag/Samsung Smarttag2: These can come in handy if you have them in your luggage, carry-on bag, and your hajj bag during the days of hajjin case the bag is misplaced.

TYPES OF HAJJ

Types of Hajj

Hajj Tamattu' (Umrah + Hajj)

- Perform Umrah first
- Exit Ihram after Umrah
- Enter new Ihram for Hajj

Separate Umrah & Hajj



Hajj Qiran (Umrah + Hajj Combined)

- Combine Umrah & Hajj
- Stay in Ihram throughout
- Single Niyyah for Both

Combined Umrah & Hajj



Hajj Ifrad (Hajj Only)

- Hajj only, no Umrah
- Remain in Ihram
- Single Niyyah for Hajj

Hajj Alone



Hajj Tamattu

Intention to perform the initial Umrah, exit ihram after its completion, and then re-enter ihram later to perform Hajj. **Most groups traveling from abroad perform this type of Hajj. This is also the Hajj that was recommended by the Prophet ﷺ**

(This handbook focuses on this type of Hajj)

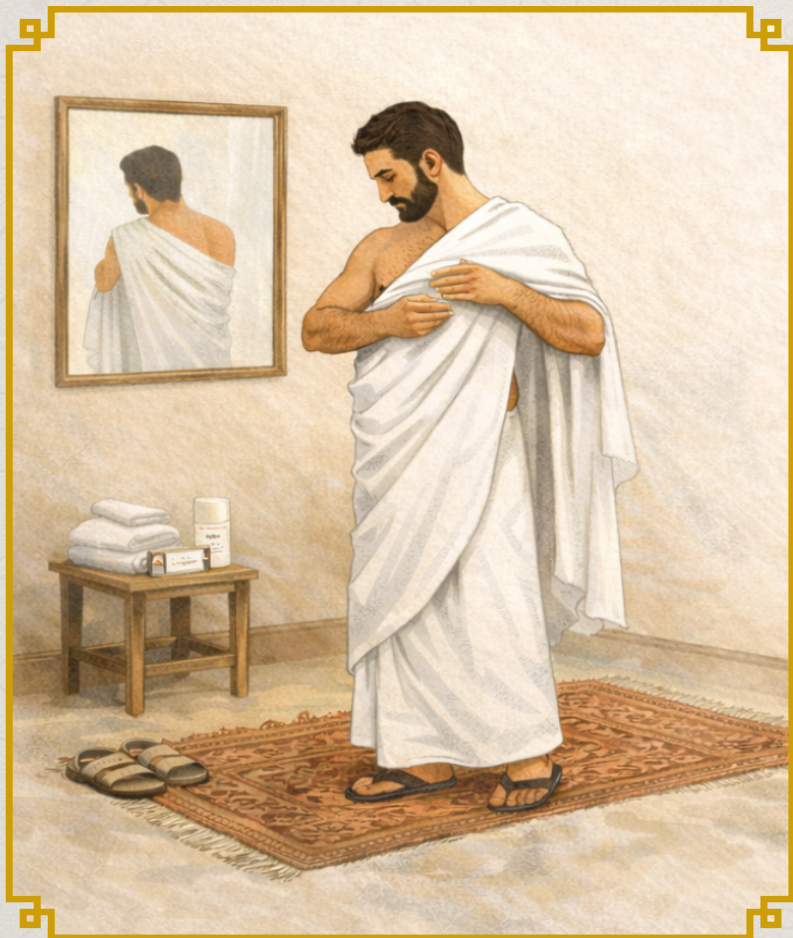
Hajj Qiran

Intention to perform both the initial Umrah and the subsequent Hajj **using a single ihram/one niyyah**. After completing Umrah, you will not exit ihram. Instead, you will remain in ihram and later perform Hajj once the days of Hajj begin with the same ihram/niyyah.

Hajj Ifrad

Intention to enter ihram and **perform Hajj alone (without Umrah)**. It is usually not performed by those who travel to Makkah for Hajj from outside of Makkah and reserved only for those who live within Makkah, within the boundaries of Miqat or those who are elderly and sick.

IHRAAM



IHRAAM - DEFINITION

Ihraam means to enter into a state in which certain actions are not permissible. A person comes into the state of ihram when they:

1. Make intention (for Hajj Tamattu)

اللَّهُمَّ إِنِّي أُرِيدُ الْعُمْرَةَ فَيَسِّرْهَا لِي وَتَقَبَّلْهَا مِنِّي

O Allah, I intend to perform Umrah so I ask you to make it easy for me and accept it from me.

اللَّهُمَّ مَحْيِي حَيْثُ حَبَسْتَنِي

O Allah, I will exit ihram from the point where You have prevented me.

(from continuing, if some problem should arise)

–This second part is optional and can be recited if there is a fear of not completing the ritual (due to ongoing illness, fear of missing flight/transportation, being prevented from enter, etc). If one was prevented from completing the ritual then they can simply exit ihram without having to pay the penalty (Dam | sacrifice an animal in Makkah) or else they would have to pay the Dam for existing Ihram without completing the ritual).

IHRAM - DEFINITION

1. Read Talbiyah

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ
إِنَّ الْحَمْدَ وَالنَّعْمَةَ لَكَ وَالْمُلْكُ لَا شَرِيكَ لَكَ

***Labbayka llāhumma labbayk(a), labbayka lā
sharīka laka labbayk(a), inna l-hamda wa
n-ni'mata, laka wa l-mulk(a), lā sharīka lak.***

Here I am, O Allah! Here I am, Here I am, You have no partner, here I am, Verily, all praise and thanks belong to You, Verily, all blessings belong to You, Verily, all sovereignty belongs to You, You have no partner.

IHRAM - WHEN?

Before you reach the boundary line which in Arabic is called 'Meeqat'

If you are going to Makkah first then you MUST be in the state of Ihram before arriving/landing in Jeddah. If you are going to Madinah first, then you do not need to be in the state of Ihram (even if you land in Jeddah but going to Madinah first). You will put Ihram when leaving for Makkah from Madinah.

Important Note

If a sister is experiencing her monthly cycle she must still make the niyah before crossing the meeqat and when she arrives in Makkah She will wait until it ends and then proceed with the rituals of Umrah after performing ghusl. Similarly, if the cycle starts before or during Hajj she will still do all the rituals of Hajj (going to Mina, Arafah, & Muzdalifah) except the Tawaf of Hajj (Tawaf al Ifadah/Tawaf al ziyarah). She will wait until it ends and then do it at a later time.



The Miqats

For the Guests of Allah

The Miqats have been set to honor the Ka'ba, and the guest of Allah is obligated to enter the state of ihram from one of the five Miqats or from a place that aligns with them. Whether he is coming by plane or by road.



IHRAM - METHOD

How do you enter in the state of Ihram?

1. Perform Ghusl or Wudhu.
2. Clip nails, remove armpit, and pubic hair.
3. Perform two rak'ats salah if possible (not mandatory)
4. Put on your Ihram (For men it is the two white pieces of clothes/towels. For Women, their normal/regular clothes will be the Ihram. They DO NOT have to be white.)
5. Make intention.
6. Read the talbiya.



IHRAM - RESTRICTIONS



سَأَلَ رَجُلٌ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: مَا يَتْرُكُ الْمُحْرِمُ
مِنَ الثِّيَابِ؟ فَقَالَ: لَا يَلْبَسُ الْقَمِيصَ وَلَا الْبُرْنُسَ وَلَا
السَّرَاوِيلَ وَلَا الْعِمَامَةَ، وَلَا ثَوْبًا مَسَّهُ وَرْسٌ وَلَا زَعْفَرَانٌ، وَلَا
الْحُقَيْنِ إِلَّا لِمَنْ لَا يَجِدُ النَّعْلَيْنِ، فَمَنْ لَمْ يَجِدِ النَّعْلَيْنِ فَلْيَلْبَسِ
الْحُقَيْنِ وَلْيَقْطَعْهُمَا حَتَّى يَكُونَا أَسْفَلَ مِنَ الْكَعْبَيْنِ

Abdullāh ibn ‘Umar رضي الله عنه reported that a man asked: "O Messenger of Allah, what kind of clothes should a Muhrim wear?" The Messenger of Allah (saw) replied: "He should not wear a shirt, a turban, trousers, a hooded cloak, or leather socks except if he cannot find sandals; he may wear leather socks after cutting them to make them lower than the ankles. And he should not wear clothes scented with saffron or Wars (kinds of scents).

IHRAM - RESTRICTIONS



- Applying anything with fragrance/perfume - soap, shampoo, Itr/cologne, etc. (can and should be done beforehand)
- Intimate Relations (in any form)
- Hunting – Kill or to direct
- Cutting, pulling, or breaking any hair or nails
- Proposing/Nikah
- Fighting/Disputing
- For men – to wear any stitched clothing, hat, turban, socks, underwear and to cover the head

IHRAM - PERMISSIBLE ACTIONS



- Wearing rings, glasses, hearing aid, watches & belts
- Taking a bath/shower
- Sleeping
- Eating
- Covering oneself when resting (except head for men)
- Using Miswaak
- Vaseline (for men) to prevent chafing
- Changing Ihram clothing

ARRIVAL

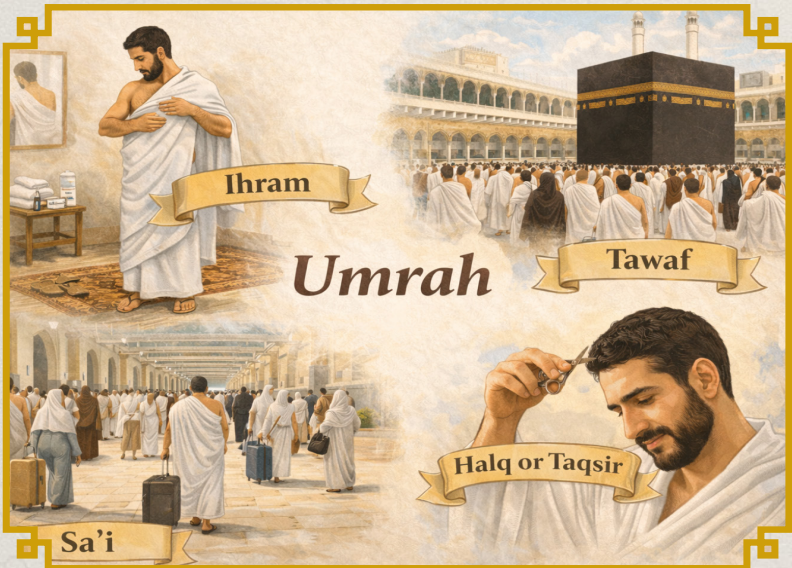


King Abdul Aziz International Airport, Jeddah

ARRIVING IN SAUDI ARABIA (Jeddah)

- You will be given physical ID cards/badges which are also available digitally via nusuk app.
- Normally there is a long wait at the airport/ waiting for transportation buses.
- While waiting recite the talbiyah as often as possible.
- The journey from Jeddah to Makkah can take few hours (1-4 hrs depending on date, time, traffic, etc).
- Once you check-in to your hotel in Makkah don't rush straight to the Haram. You can take a shower and a nap if needed. Make sure you had something to eat as you will need the energy to complete the rituals of Umrah.

Performing Umrah

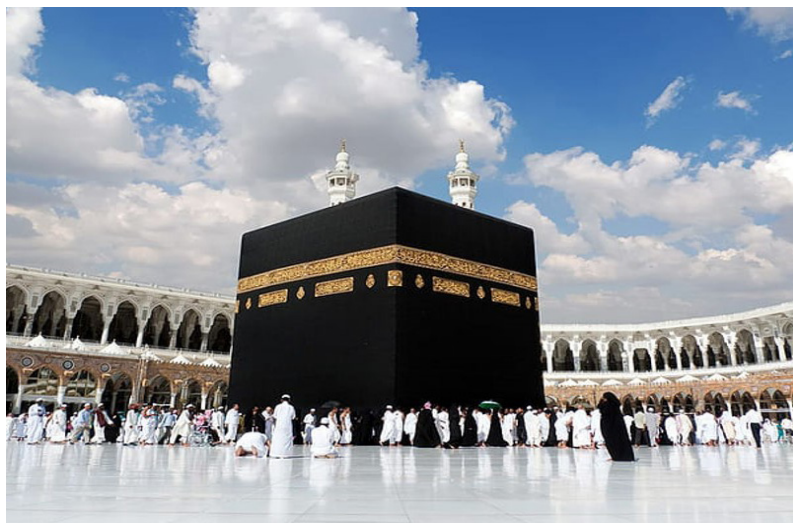


ENTERING THE MASJID

- Enter with your right foot
- Read the below Dua when entering
- Keep reciting the talbiya Until you start your Tawaf

أَعُوذُ بِاللَّهِ الْعَظِيمِ، وَبِوَجْهِهِ الْكَرِيمِ وَسُلْطَانِهِ الْقَدِيمِ،
مِنَ الشَّيْطَانِ الرَّجِيمِ. بِسْمِ اللَّهِ وَالصَّلَاةُ وَالسَّلَامُ عَلَى
رَسُولِ اللَّهِ، اَللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ.

I take refuge with Allah, The Supreme and with His Noble Face, and His eternal authority from the accursed devil. In the name of Allah, and prayers and peace be upon the Messenger of Allah. O Allah, open the gates of Your mercy for me.



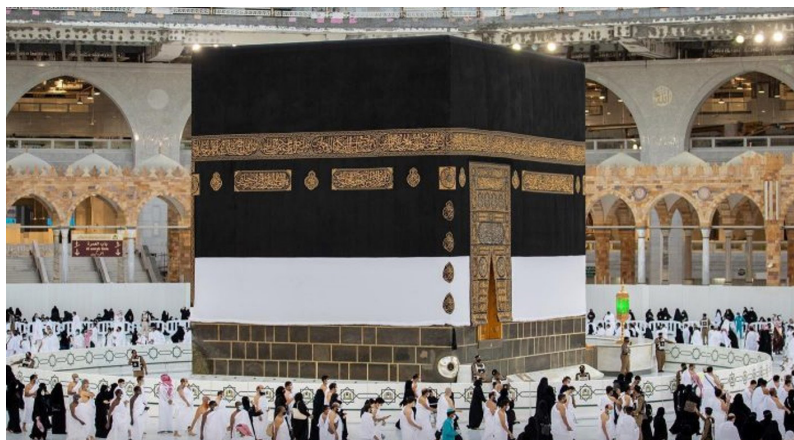
Dua when Seeing the Kaabah for the first time

اَللّٰهُمَّ زِدْ هٰذَا الْبَيْتَ تَشْرِيفًا وَتَعْظِيْمًا وَتَكْرِيْمًا وَمَهَابَةً، وَزِدْ
مَنْ شَرَّفَهُ وَكَرَّمَهُ مِمَّنْ حَجَّهٗ اَوْ اعْتَمَرَهُ تَشْرِيفًا وَتَكْرِيْمًا
وَتَعْظِيْمًا وَبِرًّا.

Allah, increase this House in honour, esteem, respect and reverence. And increase those who honour and respect it, of those who perform Hajj or Umrah, in honour, respect, esteem and piety.

This is a Dua that is recommended but not obligatory.

It is reported that the dua of a Muslim is accepted upon seeing the Kaaba. Take a few moments to make any personal duas during this deeply spiritual and moving experience.



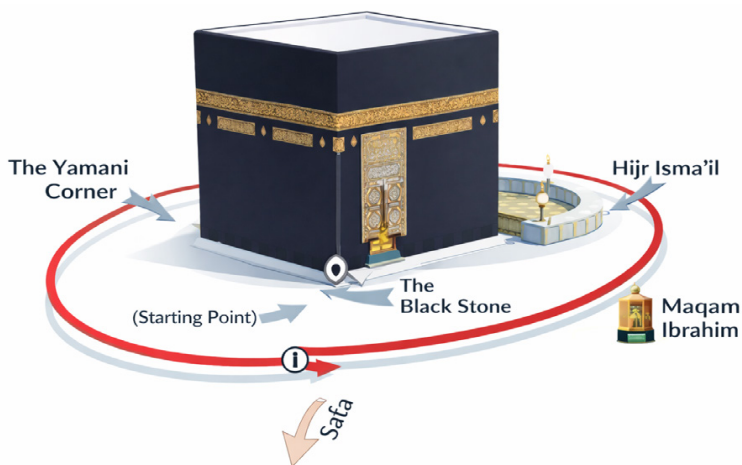
STARTING THE TAWAF

- Tawaf is the act of going around the Kabaah in a counter clockwise seven times
- Make intention for Tawaf before you start
- Align yourself facing the Hajar Aswad
- Raise both hands or right hand like in salaah towards Hajr e aswad (Istilam) and say the following. You will do this for each round:



بِسْمِ اللَّهِ، اللَّهُ أَكْبَرُ وَ لِلَّهِ الْحَمْدُ

Note: You must have wudu when doing Tawaf



The Path of Ṭawaf: Beginning at the Black Stone and Circling the Ka'bah Counter-Clockwise

DOING THE TAWAF

(Idtiba')

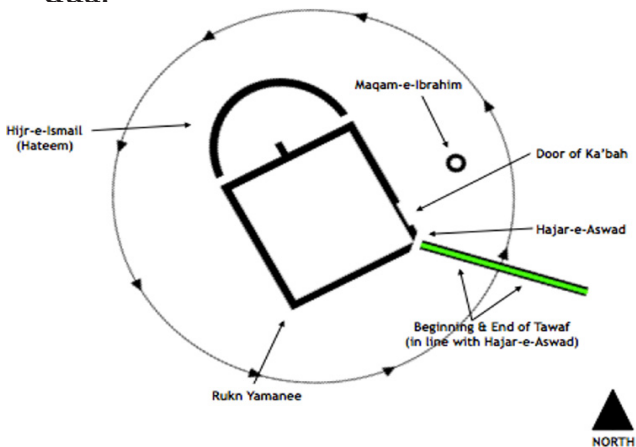
- Before you start you should expose your right shoulder (Men only) by uncovering the Ihram from over the shoulder to under the arm (Idtiba')
- If possible, do raml (Walk briskly with quick steps) in the first three rounds
- Each time you pass the black stone do Istilam (as done when tawaf was started)
- Complete seven rounds. Finish tawaf with istilam of the black stone.
- It is sunnah to read ***Rabbana atina fid dunya*** dua from Rukn Yamani to black stone (3rd to 4th corner).



NOTE: If Salah comes in between simply join the congregation and continue from where you stopped. Make sure to cover both shoulders during salah.

TWO RAKAATS BEHIND MAQAM IBRAHIM

- It is wajib to pray two raka'at salah after Tawaf
- **Make sure both shoulders are covered back up after the completion of tawaf and before praying the two rakahs.**
- Shoulders will remain covered for the rest of the Umrah
- It is best to pray behind Maqam Ibrahim however this is impossible to do so now
- It is permissible to pray anywhere in the Masjid
- Sunnah to recite **Surah Kaafiroon** in the 1st Rakaat and **Surah Ikhlas** in the 2nd.
- Drink Zamzam water after salah and make dua.



SA'EE

- Sa'ee is to walk between the hills of Safa and Marwa seven times.
- From Safa to Marwa is one and back to Safa is two and onwards.
- You will start at Safa and end at Marwa
- Safa is close to the Kabah while Marwah is the further one.



SA'EE - METHOD

To begin, walk up mount Safa then face the Kabah and recite the following.

أَبْدَأُ بِمَا بَدَأَ اللَّهُ بِهِ

Abda'u bimā bad'allahu bihi.

I begin with that which Allah has begun with.

إِنَّ الصَّافَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ

Inna ṣ-ṣafā wa l-marwata min sha'ā'iri llāh(i).

Indeed, Safa and Marwa are from the Signs of Allah. ²⁻¹⁵⁸

This is done only when beginning and not for all rounds.

اَللّٰهُ اَكْبَرُ، اَللّٰهُ اَكْبَرُ، اَللّٰهُ اَكْبَرُ،

Allah is the greatest; Allah is the greatest; Allah is the greatest.

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ يُحْيِي
وَيُمِيتُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

There is no deity except Allah, alone without a partner. To Him belongs the Dominion, and to Him belongs all praise. He gives life and death and He has power over everything.

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ، أَنْجَزَ وَعْدَهُ وَنَصَرَ عَبْدَهُ وَهَزَمَ
الْأَحْزَابَ وَحْدَهُ

There is no deity except Allah alone. He fulfilled His promise, supported His slave and defeated the confederates alone.

This is to be recited three times with personal duas in between each time you reach safa marwa except the last time when you reach marwa.

TAWAF/SA'EE

There are no particular duas to be recited. You can recite Quran, do Azkar, make dua, or simply remain silent. You can divide the seven round in the following manner if desired

- Praise Allah
- Durood/Salawat
- Dua for Family/friends etc.
- Dua for all Muslims around world deceased and living
- Istighfaar
- Dunya wants
- Aakhirah wants



SHAVING/TRIMMING HAIR

- Men should shave/trim their hair
(If doing Hajj Tamattu then you may want to trim now and shave later during Hajj time)
- Women will gather all the hair in one place and cut roughly one finger tip from the bottom
(in the hotel room, not in public)
- You can cut your own hair but not others until you are out of Ihram

عَنْ أَبِي هُرَيْرَةَ - رَضِيَ اللَّهُ عَنْهُ - قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ "اللَّهُمَّ اغْفِرْ لِلْمُحَلِّقِينَ" قَالُوا وَلِلْمُقَصِّرِينَ. قَالَ "اللَّهُمَّ اغْفِرْ لِلْمُحَلِّقِينَ". قَالُوا وَلِلْمُقَصِّرِينَ. قَالَهَا ثَلَاثًا. قَالَ "وَلِلْمُقَصِّرِينَ"

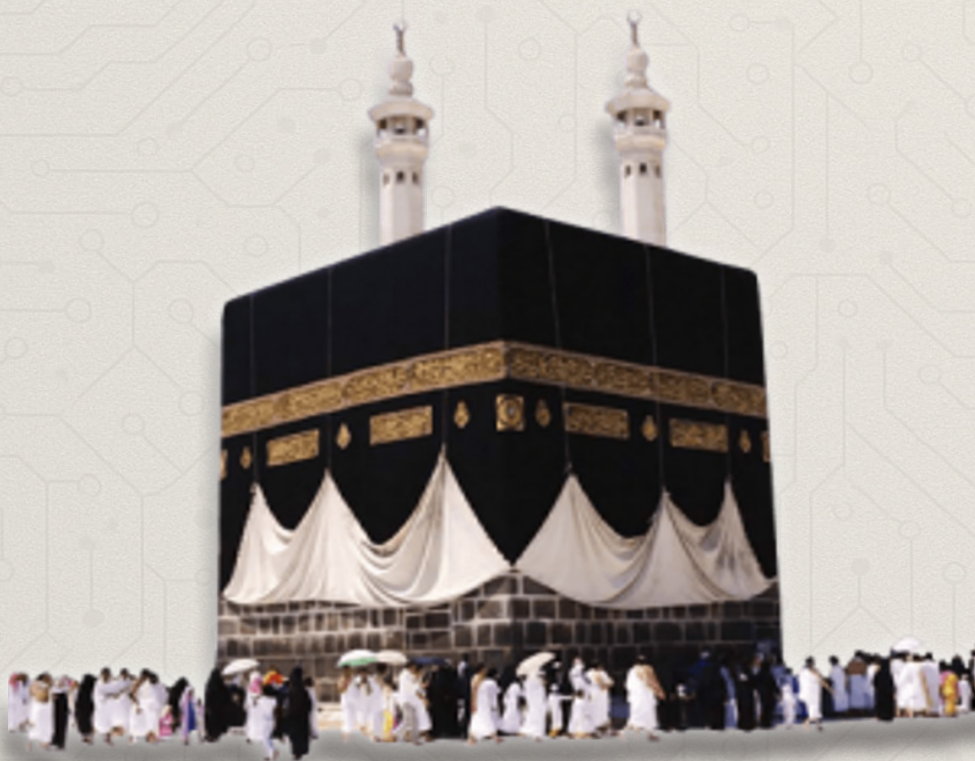
Allah's Messenger (ﷺ) said, "O Allah! Forgive those who get their heads shaved." The people asked. "Also those who get their hair cut short?" The Prophet said, "O Allah! Forgive those who have their heads shaved." The people said, "Also those who get their hair cut short?" The Prophet (invoke Allah for those who have their heads shaved and) at the third time said, "also (forgive) those who get their hair cut short."

All Restrictions of Ihram will now be lifted



A recently opened barbershop called 30° Degrees which is at the foot of the clock tower is considered to be the largest barbershop in the world with the capacity of up to 250 customers at a time. This is a good option for a haircut/shave after Umrah. It is located at: <https://g.co/kgs/jfQymCC>

HAJJ



WHILE WAITING FOR HAJJ

- Rest & Recover. Avoid doing multiple Umrahs before Hajj begins as it will exhaust you.
- It is recommended to do as many tawafs as possible since Tawaf is a unique act of ibadah that can be performed only in Masjid al Haraam. You can aim to do at least one tawaf a day.
- Tawaf does not require you to be in the state of ihram. You simply complete 7 circuits around the Ka'bah and pray 2 rak'ahs after tawaf as described in the previous chapters (page 33). No trim/haircut is needed after tawaf.
- Try to pray all 5 salahs in the Haram.
- Recite as much quran and durood as often as possible.

NOTE: If you wish to do another Umrah you must re-enter in the state of Ihram for which you must leave the haram boundary. The closest Meeqat is Masjid A'isha (Tan'im).



Hajj at a Glance: The Five Sacred Days Explained

Days Of Hajj



By the blessing of Allah ﷻ, one of the simplest ways to remember and understand the days of Hajj is by reflecting on our own hand. Just as our fingers rise and fall in a natural sequence, the days of Hajj unfold in a similar rhythm—building in intensity and rituals, then gradually easing as the journey nears completion.

HAJJ

DAY 1

Going to &
Staying in Mina



DAY 1 | 8TH DHUL HIJJAH (YAWM AL-TARWIYAH)

- Do all preparations as previously done for entering in the state of Ihram
- You may pray Fajr in the Haram (if hotel is close by)
- Make the intention for Hajj and recite the Talbiyah. This is done in your hotel without having to go to any meeqat. Now you're in the state of Ihram

اَللّٰهُمَّ اِنِّیْ اُرِیْدُ الْحَجَّ فِیْسِرْهُ لِیْ وَتَقَبَّلْهُ مِنِّیْ

Allāhumma innī urīdu l-Hajja fa yassirhu lī wa taqabbalhu minnī.

O Allah, I intend to perform Hajj, so make it easy for me and accept it from me.

- Only take the bare essentials with you that you will need for the next two and half a days (medication, extra ihram, power bank, phone charger, and one set of regular clothes (to be worn once out of ihram)).
- **Do not take a roller bag with you for safety reasons.** Only take a backpack as space will be very limited in Mina and there will be a lot of walking/shifting involved.
- Continuously recite the *Talbiyah* along the way.

DAY 1 | 8TH DHUL HIJJAH (YAWM AL-TARWIYAH)

- Familiarise yourself with your location in Mina. Take a note of the numbers on the location post nearest to you (Note down camp number/names/etc). Drop a location pin in Whatsapp/other apps.
- Perform Dhuhr, Asr, Maghrib, Isha & the next day's Fajr Salah at Mina (all shortened except Maghrib & Fajr).
- Spend the time in Mina reciting the Quran, doing Azkar, and Dua. Don't engage in any gossip, socialization, backbiting, etc.
- The bathrooms in Mina may be challenging but that is what you will have to make do with. The busiest times will be an hour before each salah so plan accordingly.
- Avoid eating heavy meals and eat lightly, enough to sustain you with enough energy for the next two days. Take plenty of fluids (water, milk, juice, yogurt, etc.)





What Mina tents generally look like. This will vary from camp to camp, geographical region and the package.

HAJJ

DAY 2



Mount Arafah



**Night in
Muzdalifah**



DAY 2 | 9TH DHUL HIJJAH (YAWM AL-ARAFAH)

Day of Arafah is the Main day of Hajj.

قال رسول الله صلى الله عليه وسلم: الحج عرفات، الحج عرفات، الحج عرفات، أيام منى ثلاث {فمن تعجل في يومين فلا إثم عليه ومن تأخر فلا إثم عليه} [البقرة: 203]

*The Messenger of Allah ﷺ said: **The Hajj is 'Arafat, the Hajj is 'Arafat, the Hajj is 'Arafat.***

The days of Mina are three: But whoever hastens to leave in two days, there is no sin on him, and whoever stays on, there is no sin on him (2:203)

Takbir Tashreeq should be recited from Fajr 9th Dhul Hijjah to Asr of 13th Dhul Hijjah

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ لَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ
اللَّهُ أَكْبَرُ وَلِلَّهِ الْحَمْدُ

Allahu Akbar, Allahu Akbar, La Ilaha Ilallahu .Wallahu Akbar, Allahu Akbar, Wa Lillahir Hamd

- Pray Fajr in Mina then leave for Arafah after sunrise
- Pray Dhuhr and Asr shortened & combined (2 rakahs each) with possible khutbah/lecture.

- It is not advisable to go to Masjid Namirah as you can easily get lost & extreme heat.
- Do not venture out to look for *Jabl Rahmah* for the same reasons.
- The time spent in Arafah are the golden hours of the entire Hajj. Make lots of dua during this time.
- You will stay in Arafah until sunset/Maghrib (**Do Not Pray Maghrib in Arafah**). Do not leave Arafah before then.
- Wuquf Arafah (The Standing i.e., remaining at 'Arafah). This period of time is extremely important. If you can, stand in the open and raise your hands in supplication to Allah, facing the Kaaba, as the Prophet ﷺ had done.
- During these sacred moments, you are alone with Allah, so use this time to repent earnestly and supplicate in abundance. It is a period where du'as are readily accepted, so make the most of the opportunity.
- Continue with Takbir Tashreeq and Talbiyah reciting them as frequently as possible
- You will leave for Muzdalifah after Maghrib/Sunset.

The Prophet ﷺ supplicated for himself and his Ummah and declared that Dua made on the Day of Arafat is the best of supplications. Amr ibn Shu'aib (RA) narrates from his grandfather that the Prophet ﷺ said:

The best of supplication is the supplication of the Day of Arafat. And the best of what I and the Prophets before me have said is:

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ
عَلَى كُلِّ شَيْءٍ قَدِيرٌ

***Lā ilāha illallāh, waḥdahu lā sharīka lahu,
lahul-mulku wa lahul-ḥamdu, wa huwa 'alā
kulli shai'in qadīr.***

None has the right to be worshipped but Allah, alone without partner. To Him belongs all that exists, and to Him is the praise, and He is powerful over all things.



DAY 2 | 9TH DHUL HIJJAH

(After Maghrib) MUZDALIFAH

- When you arrive in Muzdalifah choose a safe spot for you where you will spend the night. (usually designated by group)
- Muzdalifah is open space with no tents, buildings, hotels, etc.
- Perform Maghrib and Isha shortened & combined (You may offer your prayers individually or in congregation.)
- Collect up to 60-70 pea-sized pebbles from Muzdalifah for Ramy (pelting).
- Get some **rest** as the next day is the busiest in the entire Hajj.



Breakdown of Pebble/Stone Count

7 for the 10th

21 for the 11th

21 for the 12th

21 for the 13th (optional)

49 pebbles are the bare minimum you will need for the 10th, 11th and 12th

You need another 21 if you stay in Mina until the 13th which will bring the total to 70. If not used on the 13th then these can be extra in case you drop/lost some from the 49 minimum that are needed.



HAJJ

DAY 3



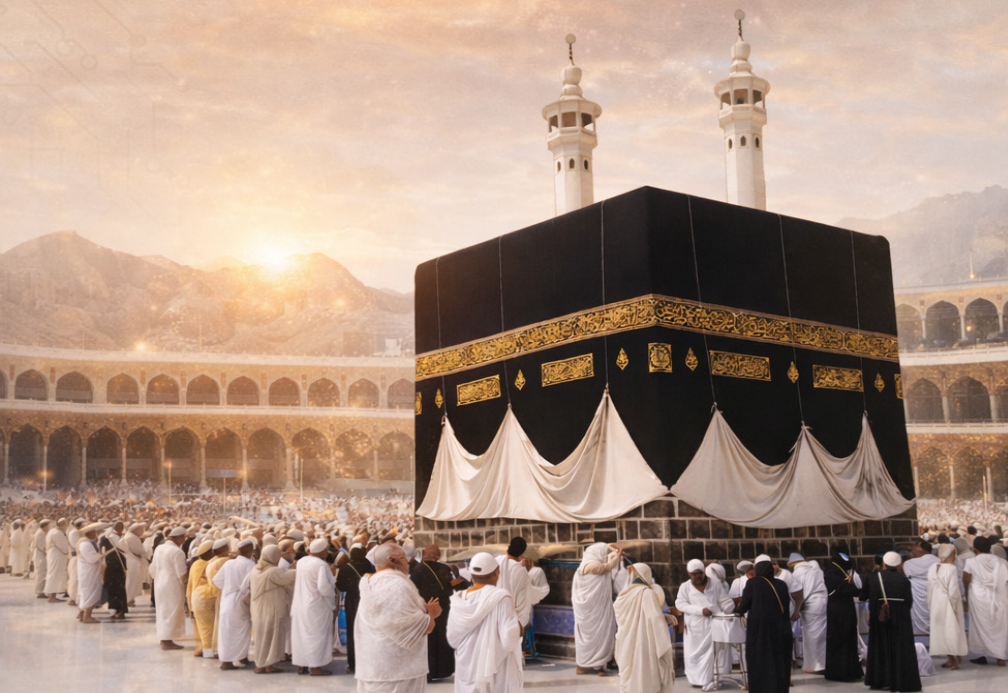
Stone Jamaraat



Sacrifice +
Shaving



Tawaf
& Sa'ee



DAY 3 | 10TH DHUL HIJJAH (YAWM AN-NAHR)

- Pray Fajr in Muzdalifah.
- Proceed towards Mina after sunrise reciting *Talbiyah* (follow the plan of the group).
- There are four main goals for today

1. Ramee

Pelting only the large Jamarah

2. Nahr

Animal sacrifice

3. Halaq or Qasr

Shaving or trimming the hair

4. Tawaf Ziyarah

Tawaf

Important Note For The Sisters: If the cycle starts before or during Hajj she will still do all the rituals of Hajj (going to Mina, Arafah, & Muzdalifah, Stoning at Jamaraat) except the Tawaf of Hajj (Tawaf al Ifadah/Tawaf al ziyarah). She will wait until it ends and then do it at a later time.

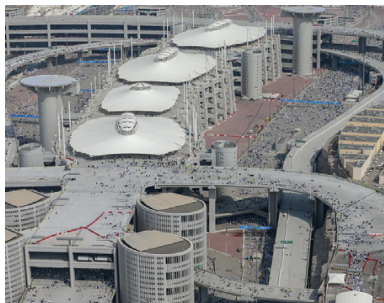
DAY 3 | 10TH DHUL HIJJAH (YAWM AN-NAHR)

(1) RAMY (Pelting)

- Go to large Jamarat (Jamrah Al Kubra/ Aqaba) which will be the last one out of the three. You will stop reciting talbiya now but continue with the Takbeer Tashreeq after it.
- Aim seven pebbles, **one at a time**, at the *Jamarat*. Hold the pebble between your thumb and index finger and throw it towards the *Jamarat*.
- When throwing, recite:

بِسْمِ اللَّهِ اللَّهُ أَكْبَرُ

- It is not important that the pebble hits the pillar. However you have to ascertain that it falls into the ‘cupped’ area around the pillar. If it fails to do so, it has to be repeated
(this is why having extra pebbles will be helpful)



DAY 3 | 10TH DHUL HIJJAH (YAWM AN-NAHR)

(2) NAHR (Animal sacrifice)

- *Nahr* is waajib and has to be performed within the *Haram* area.
- The time for *Nahr* is from dawn of the 10th of Dhul Hijjah till the sunset of the 12th
- *Nahr* can be done either by slaughtering one goat/lamb/ram or by having a 1/7 share in a large animal (camel/cow etc.) per person
- This is usually done on your behalf once you have made the payment (usually to your group leader) who may or may not notify you of it's completion. Your obligation is fulfilled as long you have made arrangements and paid for it.
- If you are responsible for your own sacrifice then the easiest way to do it is via <https://adahi.org/>

DAY 3 | 10TH DHUL HIJJAH (YAWM AN-NAHR)

(3) HALAQ/QASR (Shaving or trimming hair)

- The same rules covered in 'Umrah also apply here in regards to shaving or trimming the hair.
- If you complete all the rites of hajj that are to be performed then you can cut/shave your hair and change into normal clothes.

YOU ARE NOW MOSTLY OUT OF IHRAM

NOTE: All restrictions of Ihram have ended except for intimate relation with spouse which is not allowed until Tawaf/Sae' are done

DAY 3 | 10TH DHUL HIJJAH (YAWM AN-NAHR)

(4) TAWAF ZIYARAH

- The last action for today is Tawaf & Sae'e. This can be delayed until the next day if so desired due to exhaustion/crowd etc.

(You can still be out of the ihram [with the exception of intimate relationship] if Ramy, Nahr (sacrifice), and shaving/trimming of the hair has been completed. You can do the tawaf and saee' in your normal clothes the next day.)

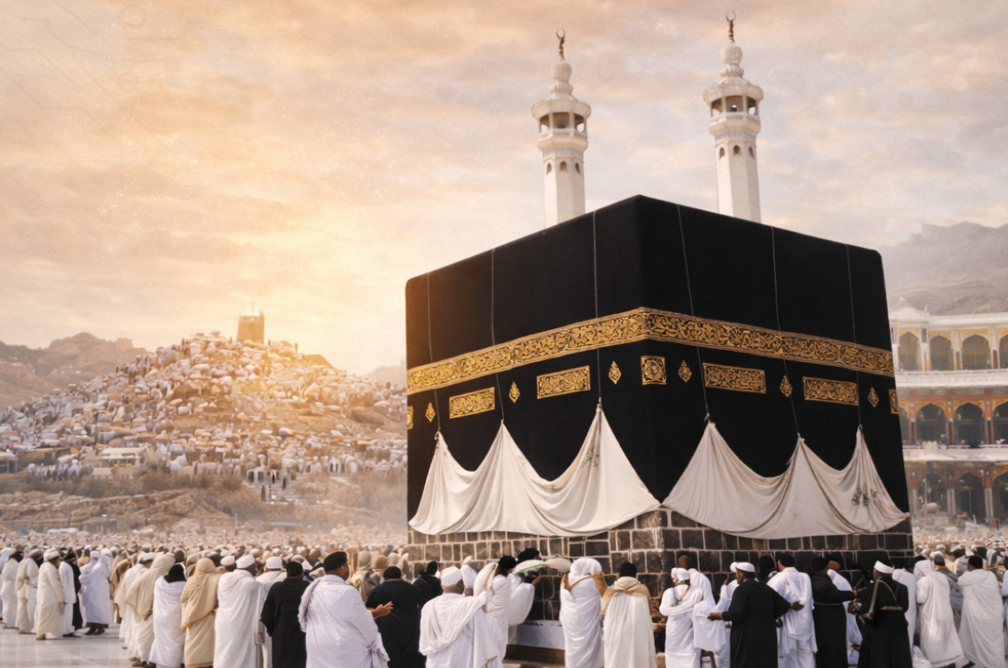
- It has to be performed between the dawn of 10th Dhul Hijjah until sunset on the 12th.
A menstruating woman will delay this tawaf until she is clean.
- Once this tawaf/sae'e' is completed, ALL restrictions of ihram are now lifted.
- Return to Mina to spend the night. If you could not return due to logistical reasons, illness, or too difficult for the elderly then you are excused without penalty

HAJJ

DAY 4 & 5



Pelting All Three Jamarat



Days 4 & 5 | 11TH & 12TH DHUL HIJJAH



The only activity in these two days are the pelting of all three Jamarat. The timing for this is anytime after Dhuhr and is preferred but not necessary to be completed before sunset. The rest of the time one can engage in Azkar, Quran recitation etc. maximising their benefit from Hajj.

Days 4 & 5 | 11TH & 12TH

DHUL HIJJAH

The only ritual to be performed in these days is pelting all 3 pillars.

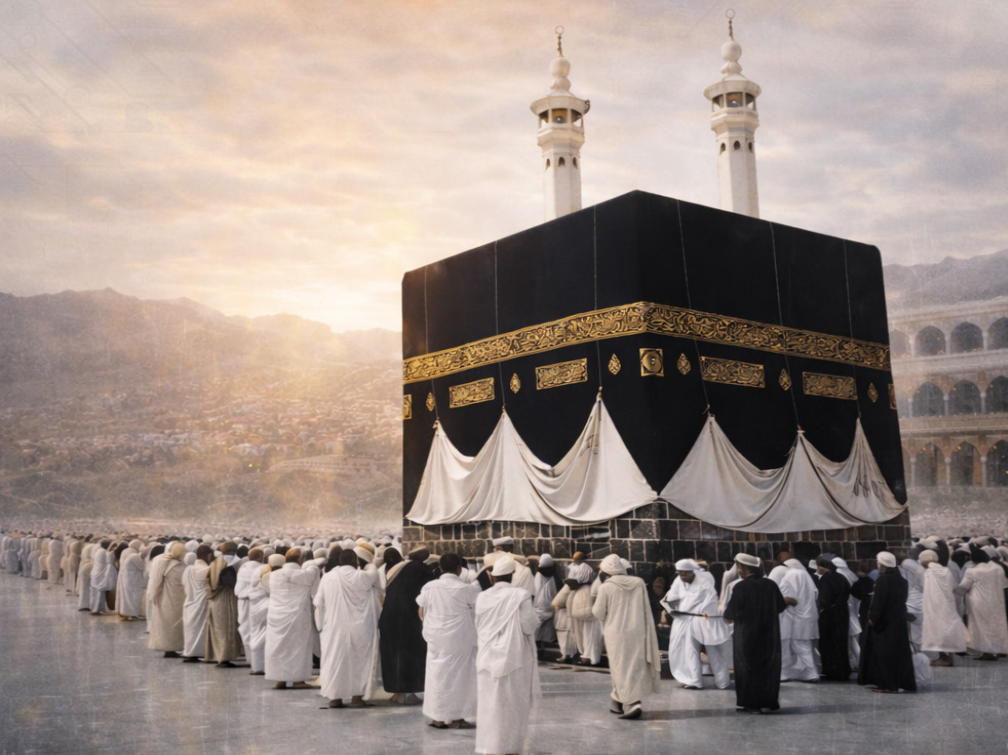
- Go to small Jamarat and throw 7 pebbles one at a time reciting بِسْمِ اللَّهِ أَكْبَرُ
- Move to the side and face the Qibla and make any personal duas
- Go to middle Jamarat and pelt 7 times and repeat the above
- Go to the large Jamarat and pelt 7 times. **No dua after the pelting**
- Return back to your camp in Mina to spend the night there on the 11th.



- If you do not intend to spend the 13th in Mina, then you need to leave Mina before sunset on the 12th after pelting.
- If you don't then you have to stay for the 13th day pelting. Majority of the groups will depart their tents/camp in Mina during the day on the 12th and make their way to the Jamarat and after fulfilling the rituals of stoning will return back to their hotels in Makkah or wherever they are staying.

Important Note: If someone is sick, elderly, or have a legitimate excuse to not be able to go to Mina for this ritual then they can appoint someone and give them their pebbles to stone on their behalf.

FAREWELL



IN MAKKAH

- Hajj is almost complete. The final act is the Tawaf Wada' (Farewell Tawaaf)
- Tawaf Wada' is part of Hajj when leaving Makkah except for women who are on their cycle (They are excused without any penalty).
- No Ihram & Sae' is needed for this.
- Simply perform seven circuits around the Kabaah followed by two rakahs (as in previous tawafs).

Virtues/Rewards of Hajj Al-Mabrur

مَنْ حَجَّ هَذَا الْبَيْتَ فَلَمْ يَرْفُثْ وَلَمْ يَفْسُقْ رَجَعَ كَمَا وَلَدَتْهُ أُمُّهُ

The Messenger of Allah said: 'Whoever performs pilgrimage to this House, and does not Yarfuth (utter any obscenity or commit sin), will go back as (on the day) his mother bore him.

الْعُمْرَةُ إِلَى الْعُمْرَةِ كَقَفَّارَةٍ لِمَا بَيْنَهُمَا وَالْحَجُّ الْمَبْرُورُ لَيْسَ لَهُ جَزَاءٌ إِلَّا الْجَنَّةُ

An 'umra is an expiation for sins committed between it and the next, but a hajj which is accepted will receive no less a reward than paradise.

MADINAH MUNAWWARAH



ZIYARAH

Ziyarah is to visit the blessed final resting place of Rasulullah ﷺ in Masjid Nabawi. Visiting Madinah is not part of Hajj but it is highly recommended to do so for the following reasons:

Rasulullah ﷺ said:

لَا تُشَدُّ الرَّحَالُ إِلَّا إِلَى ثَلَاثَةِ مَسَاجِدَ: الْمَسْجِدِ الْحَرَامِ
وَالْمَسْجِدِ الْأَقْصَى وَمَسْجِدِي هَذَا

One should not undertake journeys except to three Masajid : the sacred Masjid (in Makkah), the Aqsa masjid, and this masjid of mine (in Madinah).

صَلَاةٌ فِي مَسْجِدِي هَذَا خَيْرٌ مِنْ أَلْفِ صَلَاةٍ فِيَمَا سِوَاهُ إِلَّا
الْمَسْجِدَ الْحَرَامَ

One prayer in my Mosque (Masjid Nabawi, Madinah) is better than one thousand prayers in any other mosque excepting Al-Masjid-Al-Haram

إِنَّ الْإِيمَانَ لَيَأْرِزُ إِلَى الْمَدِينَةِ كَمَا تَأْرِزُ الْحَيَّةُ إِلَى جُحْرِهَا

Verily, Belief returns and goes back to Medina as a snake returns and goes back to its hole (when in danger)

Note: You may travel to Madinah before or after Hajj. Visiting Madinah is not part of Hajj.

MADINAH

1. The transfer from Makkah to Madinah will be similar to that from Jeddah to Makkah. (If making own arrangements then train would be the best option)
2. Expect delays when checking into the hotel
3. Once you reach your hotel freshen up and wear nice and clean clothes.
4. When you leave for the Ziyaarah, remain engaged in Salat and Salam. Offer 2 rakaats nafl/Tahiyatul Masjid salaah if possible thereafter make way to the Rawdah of the Prophet (ﷺ).

NOTE: A woman on her cycle cannot do ziyarah from inside the masjid

RASULULLAH ﷺ Resting Place

1. The blessed grave of the Noble Messenger ﷺ
2. The blessed grave of Abu Bakr as-Siddiq رضي الله عنه
3. The blessed grave of Umar رضي الله عنه



SALAT AND SALAAM

Once opposite the Messenger's ﷺ grave pause and with utmost respect you may read:

الصلاة والسلام عليك يا سيدي يا رسول الله
الصلاة والسلام عليك يا سيدي يا نبي الله
الصلاة والسلام عليك يا سيدي يا حبيب الله
الصلاة والسلام عليك يا خير خلق الله
جزاك الله عنا وعن الإسلام والمسلمين خيراً وأحسن الجزاء
والسلام عليكم ورحمة الله وبركاته

After giving salaam to Rasulullah ﷺ
you then give salaam to Sayyidna Abu Bakr (رضي الله عنه)
followed by Sayyidna Umar (رضي الله عنه).

NOTE

- You don't have to come to the grave to say salam. You can say it anywhere in the Masjid.
- There are no compulsory duties to be carried out in Madinah.
- Make every effort to pray your daily prayers in the masjid and increase in reciting Durood.

Reward of Praying In The Haram

عَنْ عَبْدِ اللَّهِ بْنِ الزُّبَيْرِ قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ
وَسَلَّمَ صَلَاةٌ فِي مَسْجِدِي هَذَا أَفْضَلُ مِنْ أَلْفِ صَلَاةٍ فِيَمَا
سِوَاهُ مِنَ الْمَسَاجِدِ إِلَّا الْمَسْجِدَ الْحَرَامَ وَصَلَاةٌ فِي الْمَسْجِدِ
الْحَرَامِ أَفْضَلُ مِنْ مِائَةِ صَلَاةٍ فِي هَذَا

Abdullah ibn al-Zubayr (رضي الله عنه) reported: The Messenger of Allah, peace and blessings be upon him, said, ***“Prayer in this mosque of mine is better than a thousand prayers in any other mosque, except the Sacred Mosque. Prayer in the Sacred Mosque is one hundred times better than prayer in this mosque of mine.”***

PLACES TO VISIT IN MADINAH

1. Baqee' Cemetery - which is right opposite the Eastern gate of the Prophet ﷺ mosque. Up to 10,000 companions and personalities are resting here including the prophet ﷺ household, wives, son etc.
2. Mount Uhud - The mountain where the Battle of Uhud took place and where the Messenger's ﷺ uncle Hamzah رضى الله عنه was martyred and is buried alongside other martyrs.
3. Masjid Quba - This was the first Masjid to have been built by the Prophet ﷺ after migrating to Madinah.
4. Masjid Qiblatayn - This is where the transition of Qiblah from Masjid Al Aqsa to Masjid Al Haraam (Kaabah) was revealed to the Messenger ﷺ

Other Resources

How to Pray Janazah:

https://www.islamicbulletin.org/free_downloads/other/salaah_janazah_hanafi.pdf

Forty Rabbana:

https://www.islamawareness.net/Dua/40_rabbana.pdf

Fortress Of The Muslim (Duas):

https://www.kalamullah.com/Books/fortress_of_the_muslim.pdf

Train Ticket:

<https://sar.hhr.sa/>

For Sacrifice (Udhiyah/Dam/etc):

<https://adahi.org>

About the Author

Sh. Omer Haqqani memorized the Qur'an in Jeddah, Saudi Arabia, before relocating to the United States at the age of eleven. He later pursued formal Islamic studies, earning a Bachelor's degree in Shariah with a minor in Arabic through studies at the University of Damascus (Syria) and Darul Uloom Nadwatul Ulema (Lucknow, India).

For over fifteen years, he has led Hajj and 'Umrah groups, guiding pilgrims with structured instruction and practical insight. Alongside his professional work as an IT executive he remains active in community service—delivering khutbahs, conducting educational programs, and serving in leadership roles within various Islamic institutions.

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