1 - Ihraam - Before reaching Meeqat

- Remove unwanted hair, trim moustache, clip nails etc.
- Make full Ghusl (bath) or at least make Wudu (ablution)
- Before reaching the Meeqat (boundary) put on the Ihraam clothes (2 white un-sown sheets for men; and regular clothes for women). Women must not let any cloth touch their face whilst in the state of Ihraam.
- Pray 2 Rakats of Salah - Avoid MAKROOH times. It is Sunnat to recite, Surah Qaaf on the 1st Rakat and Surah Ikhlaas in the 2nd Rakat after Surah Faatihah.
- Make Niyyat (intention) for Umrah in any language:

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اللهُمَّ أَنْ تَعَلِّمَنِى أَذْكُرَ اللَّهَ فَٱلْخَيْرَةُ لِأَنَا حَيِّىٰ وَلَتَأْتِيَنِى لَلَّهُ
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(“Allahumma innee uuluunisalatu fa yas-sir haa leewa taqabbal haa minni.”)

(f. Recite Talbiyyah:

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لَبِيَّانَ اَلْهُمْنِّي بَيْكََيْكََيْكََ يَا لَّهُمَّ لا تَشْقَكْنَى لَلَّهُ
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(“Labbayka Allahuimma labbayk, labbayka laa shareeya la laka labbayk, Innal-hamda wa-n-ni mata laka wal-mulk, laa shareeya la.”)

(g. Proceed to Masjid al-Haram, reciting the Talbiyyah, men to recite loudly; women to recite quietly.)

h. When reaching and entering the Masjid al-Haram, enter with your right foot and recite Du’aa for entering the Masjid.

i. On seeing the Ka’bah, say “Allahu Akbar, Laa ilaaha illallah” 3 times, recite Du’ood and make Du’aa facing the Ka’bah.

2 - Tawaaf

a. Before proceeding to the starting point of Tawaaf, corner with the Hajare Aswad (Black Stone), uncover the right shoulder (men only) while making Tawaaf (this is known as Idthiba).

b. Make Niyyat for Tawaaf (can be made in any language):

(Oh Allah, I intend to perform Tawaaf, make it easy for me and accept from me.)

c. Face the Ka’bah with your whole body and recite:

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يَسْتَغْفِرُ اللَّهُ بِغَيْرِ إِذْنِ لَهُ وَيَشْكُرُ اللَّهُ
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(“Bismillahi, Allahu Akbar, wa li laahil hamd.”)

(d. Touch and kiss the Hajar Aswad. If you cannot kiss or touch it, then hold the palms out towards the black stone and softly kiss the palms without making a sound. This is called Islahm. Start your 1st circuit. Repeat “Bismillahi, Allahu Akbar” every time when starting a new circuit until all 7 circuits are complete.

e. Men should walk briskly (Rami) during the First 3 circuits.

f. When the four circuits are done at a normal pace.

g. Perform Islahm for the 8th time to finish.

h. During Nafl Tawaaf, ONLY if possible face your head towards the Ka’bah and touch the Yamiini corner with the right hand (the corner before Hajar Aswad) and say “Bismillahi, Allahu Akbar.”

During Umrah when in Ihraam this is NOT done due to it r applying there.

Note: At no point during Tawaaf should one turn his / her body towards the Ka’bah, this can be only done at the start and end of Tawaaf when making Istilam. Try to avoid touching the Ka’bah whilst in Ihraam due to it being applied on the Ka’bah.

3 - Sa’ee

a. Proceed to Mount Safa and make Niyyat (Intention) of Sa’ee (this can be done in any language).

b. Ascend Mount Safa, face the direction of the Ka’bah and say: “Laa ilaah la ilahah wa laasersha abkar” 3 times.

c. Raise the hands and facing the direction of the Ka’bah, make as much Du’aa as possible.

d. From Mount Safa proceed to Mount Marwah.

e. Make Du’aa, Dzikr etc. along the way.

f. Men (only) should jog / quicken their pace between the set of green lights - you may recite the Du’aa above.

g. When reaching the other Mount, again make Du’aa facing the direction of Ka’bah.

h. Going from one Mount to the other is counted as One circuit.

i. Return back to Safa - Go 7 times in total between Safa and Marwah repeating steps e, f & g (above).

j. Finish the 7th circuit at Marwah and make Du’aa.

4 - Shaving head/Trimming hair

a. After completing Sa’ee, Men should shave off their hair (Hijab) or trim a minimum of 1 inch of the hair evenly all over (Qaaf). Qaaf is only permissible if your hair is more than 1 inch long. Women should gather the hair together and trim about 1 inch off the end of their plait, themselves.

Men’s barber shops can be found in many places outside Haram.

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