Hajj and Umrah Guide

English

1. IHRAM – Before reaching Meqat
Before Ihram: Remove unwanted hair, trim nails, make ghusl (bath) & wudu (ablution) or at least wudu.
Put on clothes of Ihram – 2 white un-sewn pieces of cloth for men and regular clothes for women. Women should not cover their faces during Ihram & men should not cover their heads during Ihram.
On entering state of Ihram

Niyah (Intention (in any language) to enter into Ihram)

2. TAWAAF (Circling the Ka'bah 7 times)
Before proceeding to the starting point of Tawaaf, completely around until 7th circuit. No particular supplication (Duaa) is essential during Tawaaf.

Foot and recite:

- anjaza wa'dhah wa nasara ' abdahu wa hazamal ahzaaba wahdahu
- laa illaaha illallahu wahdahu laa shareekalah

At foot of as-Safa recite –

-Inn al-hamda waiyaddiikum wa lillah ilajjul babtaha

Enter state of Ihram:

Remove unwanted hair, trim nails, make wudu, or at least wudu.

Put on clothes of Ihram – 2 white un-sewn pieces of cloth for men and regular clothes for women. Women should not cover their faces during Ihram & men should not cover their heads during Ihram.

3. SA'EE (Completion of 7 rounds Safa & Marwah)

Begin Sa'ee at as-Safa. Complete walk from as-Safa to al-Marwah (one circuit), then al-Marwah to as-Safa (second circuit) and continue for seven circuits, finishing at al-Marwah. Upon encountering green lights, men only - run from one light to other light.

4. SHAVING HEAD/TRIMMING

After completing Sa'ee:
Men: shaving entire head is permitted. It is the one that the Prophet Muhammad (Pbuh) followed. It is the one that the Prophet Muhammad (Pbuh) followed.

Women: cut one-third finger-length of hair. Upon leaving al-Masjid ul-Haraam with the left foot, recite

Rabbanaa aatinaa fid-dunyaa hasanatan wa feel akhiriati hasanatan wa qinna wa’ adhahaa naa

Our Lord! Give us in this world that which is good and in the Hereafter that which is good, and save us from the torment of the Fire! (Quran 2:201)

♦ Once Tawaaf is complete, cover your shoulder and offer 2 rakats anywhere behind the Station of Ibrahim – or anywhere in the Haram. Recite Surat al-Kafirun in 1st rakah and Surat al-Ikhlas in the 2nd rakah.
♦ Drink Zam-Zam water – Make Duaa

5. 8th day of Dhul-Hijjah (Yawmu ‘Arafah)

Stay in ‘Arafah

- Pray Fajr in Mina.
- Go to Arafat any time after sunrise.
- Stopover if possible at Namirah (place close to ‘Arafah - there is now a Masjid there) and remain there until after Zuha (sun at highest point - no shadow) and listen to the Khutbah. If this is not possible, it is permissible to proceed to ‘Arafah, remaining there until sunset. Stand upon the rocks at the bottom of the Mount of Mercy (Jabalur-Rahmah); if not, then all of ‘Arafah is a standing place. Facing the Qiblah, with raised hands, supplicate and also recite the Talbiyah –

- It is encouraged to frequently recite the following

- 'alaa kulli shay 'in qadeer

Stay in Mina

- Pray Dhuhr & Asr at Arafah.
- Pray a special supplication (Du’aa) in Mina.
- Engage in Ihbadah (worship) all day.

IFRAAD

Stay in ‘Arafah

- Pray Dhuhur & Asr at ‘Arafah.
- Pray Maghrib and ‘Isha at Mina.
- Pray Muzdalifah.

HAJJ

HAJJ AL-TAMATTU

Hajj only; without any Umrah is called ‘IFRAAD

♦ First Umrah, then Hajj with another Ihram – this type of Hajj is called Hajj al-Tamattu and it is considered the best in the three forms of Hajj. It is the one that the Prophet Muhammad (Pbuh) urged his followers to perform and is the one adopted by most pilgrims from overseas.
♦ Umrah and Hajj with a single Ihram is called QIRAAN.
♦ Hajj only: without any Umrah is called ‘IFRAAD.

IFRAAD

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English

Remove Ihram, as all restrictions are now lifted. Umrah is now complete and await morning of 8th of Dhul-Hijjah.

Stay in Mina

- Pray Fajr in Mina.
- Go to Arafat any time after sunrise.
- Stopover if possible at Namirah (place close to ‘Arafah - there is now a Masjid there) and remain there until after Zuha (sun at highest point - no shadow) and listen to the Khutbah. If this is not possible, it is permissible to proceed to ‘Arafah, remaining there until sunset. Stand upon the rocks at the bottom of the Mount of Mercy (Jabalur-Rahmah); if not, then all of ‘Arafah is a standing place. Facing the Qiblah, with raised hands, supplicate and also recite the Talbiyah –

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- Pray Dhuhur & Asr at ‘Arafah.
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♦ Umrah and Hajj with a single Ihram is called QIRAAN.
♦ Hajj only: without any Umrah is called ‘IFRAAD.
From the time period between after Zawaal (sun at highest point - no shadow) until the night, stone all three Jamaraahs, 21 required per day.  

Facing first Jamarah (smallest), with Makkah to your left and Mina to your right, throw each of the seven stones at Jamarah reciting –  

Allahu Akbar الله أكبر

Allah is the Greatest (after each throw)

- After stone first Jamarah, face Qiblah with first Jamarah to your right), raise hands and supplicate as you wish. Then, calmly proceed to 2nd (middle one) Jamarah. Facing second Jamarah, with Makkah to your left and Mina to your right, throw each of the seven stones at Jamarah reciting –  

Allahu Akbar الله أكبر

Allah is the Greatest (after each throw)

After stone second Jamarah, face Qiblah with second Jamarah to your right), raise hands and supplicate as you wish. Then, calmly proceed to third Jamarah. Facing third Jamarah, al-Aqabah al-Kubraa, with Makkah to your left and Mina to your right, throw each of the seven stones at Jamarah reciting –  

Allahu Akbar الله أكبر

Allah is the Greatest (after each throw)

After stone final Jamarah, move onwards without supplicating.

12th Dhul-Hijjah

- If Tawaf Idaadhah has still not been performed, go to Makkah and perform Tawaf. Pray 2 rakaats, drink from Zam Zam and perform Sa‘ee. Return back to Mina.
- From the time period between after Zawaal (after mid-day) until the night, stone all 3 Jamaraahs with 7 pebbles for each one.
- Leave Mina for Makkah before Sunset if possible. If you can’t leave – Stay at Mina.

13th Dhul-Hijjah

- If you didn’t leave Mina, beginning after Fajr, stone all 3 Jamaraahs with 7 pebbles for each Jamarah. Leave for Makkah.
- Before final departure from Makkah, perform Tawaf-ul-Wadad (Farewell Tawaf) as your last act.

Footnotes

1. If possible, cling to area between the corner of al-Hajarul-Kubra to The Black Stone.  
2. You can also pick the pebbles in Mina. You will need only 7 pebbles on the 10th, and 42 afterwards (49 total). You will need 21 extra pebbles if you are staying for the 13th of Dhul-Hijjah (70 total). They must not be bigger than a chick-pea. 
3. Approximately 1cm across = 0.39 inches. 
4. It is permissible to perform Tawaf-ul-Wadad on 12th day of Dhul-Hijjah (as long as you leave Mina before sunset), thus missing the recommended (but not compulsory) day of stoning.

Don’t forget to:  
- Pay all debts  
- Redress all wrongs  
- Write your will