

UMRAH GUIDE

IHRAAM- Before reaching Meeqat (boundary)

- Remove unwanted hair, trim nails, make ghusul(bath) wudhu (ablution) or at least wudhu
- Before reaching the meeqat, put on Ihram clothing(For men, 2 white un-sewn sheets of cloth; regular clothing for women). Women should not cover their heads during Ihram.
- Pray 2 rakaats. It is sunnah to recite Surah Kafirun in the first rakaat and Surah Ikhlaas in the second rakaat.
- Recite Talibiyyah while going to Masjid Al-Haraam (Ka'bah), Men recite loudly(women quietly):
- Recite the Talibiyyah;

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ، لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ،
إِنَّ الْحَمْدَ، وَالنِّعْمَةَ، لَكَ وَالْمُلْكَ، لَا شَرِيكَ لَكَ

Labaika Allahumma Labaika, Labaika la shariika laka Labaika,
Innal hamda wannii emata laka Walmuku Lashariikala

(Here I am, Oh Allah, Here I am. You have no partner. Here I am,
Verily all Praise and Blessings and all Sovereignty are Yours, You have no partner.)

- Enter Masjid Al-Haram with your right foot and recite:

بِسْمِ اللَّهِ وَالصَّلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللَّهِ،
اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Bismillahi was-salaatu was-salaamu 'alaa Rasuuli-llah,
Allāhumma iftaḥ lii abwaaba raḥmatika

In the name of Allah- Oh Allah, send blessings and peace upon Muhammad
O Allah, open the doors of your Mercy for me.

TAWAAF (circling the Ka'bah 7 times)

- Before proceeding to the starting point of Tawaaf, Al-Hajarul-Aswad (The Black Stone), uncover right shoulder (men only) while making Tawaaf by placing Ihram (clothing) under right arm.
- If possible, touch and kiss The Black Stone. If you cannot reach it, hold the palm of your right hand out toward the Black Stone (this is known as Istilam). Start your 1st circuit. Repeat;

الله أكبر

Allahu Akbar
Allah is the Greatest

everytime when starting a new circuit until all 7 circuits are complete.

- Men should walk briskly (Raml) during first 3 circuits only; the remaining 4 circuits are done at normal pace completely around until you finish the 7th circuit. Perform Istilam for the 8th time to finish
- No particular Dua' (supplication) is specific during Tawaaf, but it is Sunna (practice of the Prophet ﷺ) to recite the following when going between Ar-Rukunul-Yamaneeh (Yamenei Corner)

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ
حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Rabbana aatina ffid-dunyaa hasanatan wa feel aakhirati
hasanatan wa qina 'adhaaba naar

(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)

- Once Tawaaf is complete, cover your right shoulder and offer 2 rakaats anywhere behind the Station of Ibrahim - or anywhere in the Haram. Recite Surah al-Kafirun in the first rakaat and Surah al-ikhlas in the second rakaat.
- Drink Zam-Zam water - Make Du'aa when drinking Zam Zam

SA'EE

- Begin at Mount Safa
- Recite the Ayah at the foot of Mount Safa:

إِنَّ الصَّفَا وَالْمَرْوَةَ مِن شَعَائِرِ اللَّهِ

Innas-safaa wal marwata min sha'aa'irillah

(Verily! As-Safa and Marwah are Symbols of Allah. (Quran: 2:158))

- Recite the following dua at each Mount:

اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ لَا إِلَهَ إِلَّا اللَّهُ،
وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ، وَلَهُ الْحَمْدُ، يُحْيِي
وَيُمِيتُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، لَا إِلَهَ إِلَّا
اللَّهُ وَحْدَهُ أَنْجَزَ وَعْدَهُ، وَنَصَرَ عَبْدَهُ، وَهَزَمَ الْأَحْزَابَ وَحْدَهُ.

Allah Akbar, Allahu Akbar, Allah Akbar--la illaha illallahu
wahdau laa shareekalah - laahul mulk walahul hamd - yuhyee
wa yumeet wa huwa alaa kulli shai'in qader- laa ilaaha
illallahu wahdahuu laa shareekalah - anjaza wa'adahu
wanasara 'abdahu wa hazamal ahzaaba wahdah.

- Complete walk from al-Safa to al-Marwah (going from one mount to the other is counted as one circuit)
- Return back to Safa- Go 7 times in total between Safa and Marawah
- Finish the 7th circuit at Marwah and make Dua
- After completing Sa'ee, men should shave off their hair or trim evenly from all over head; women should trim one- third finger length of hair.

Shave / Trim Hair

- Remove Ihram, all restrictions are now lifted
- Umrah is now complete

MAY ALLAH ACCEPT

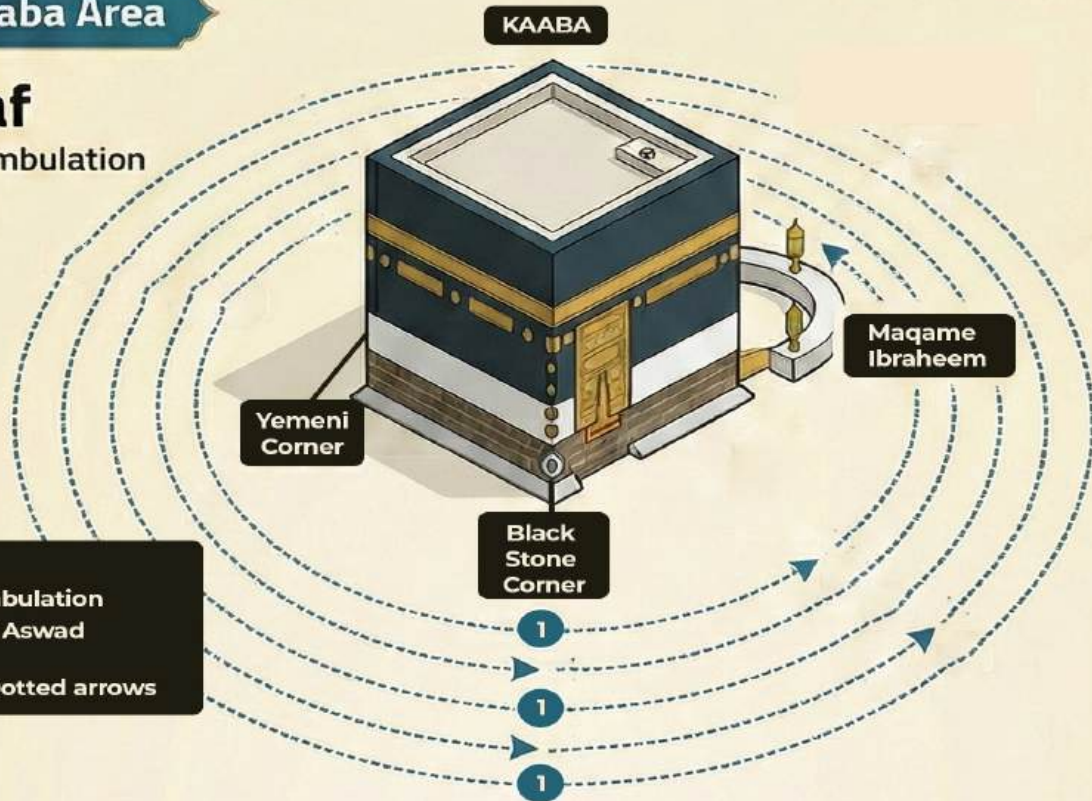
Kindly do not forget us in your duas.

Umrah Rituals Guide

The Kaaba Area

Tawaf

Circumambulation



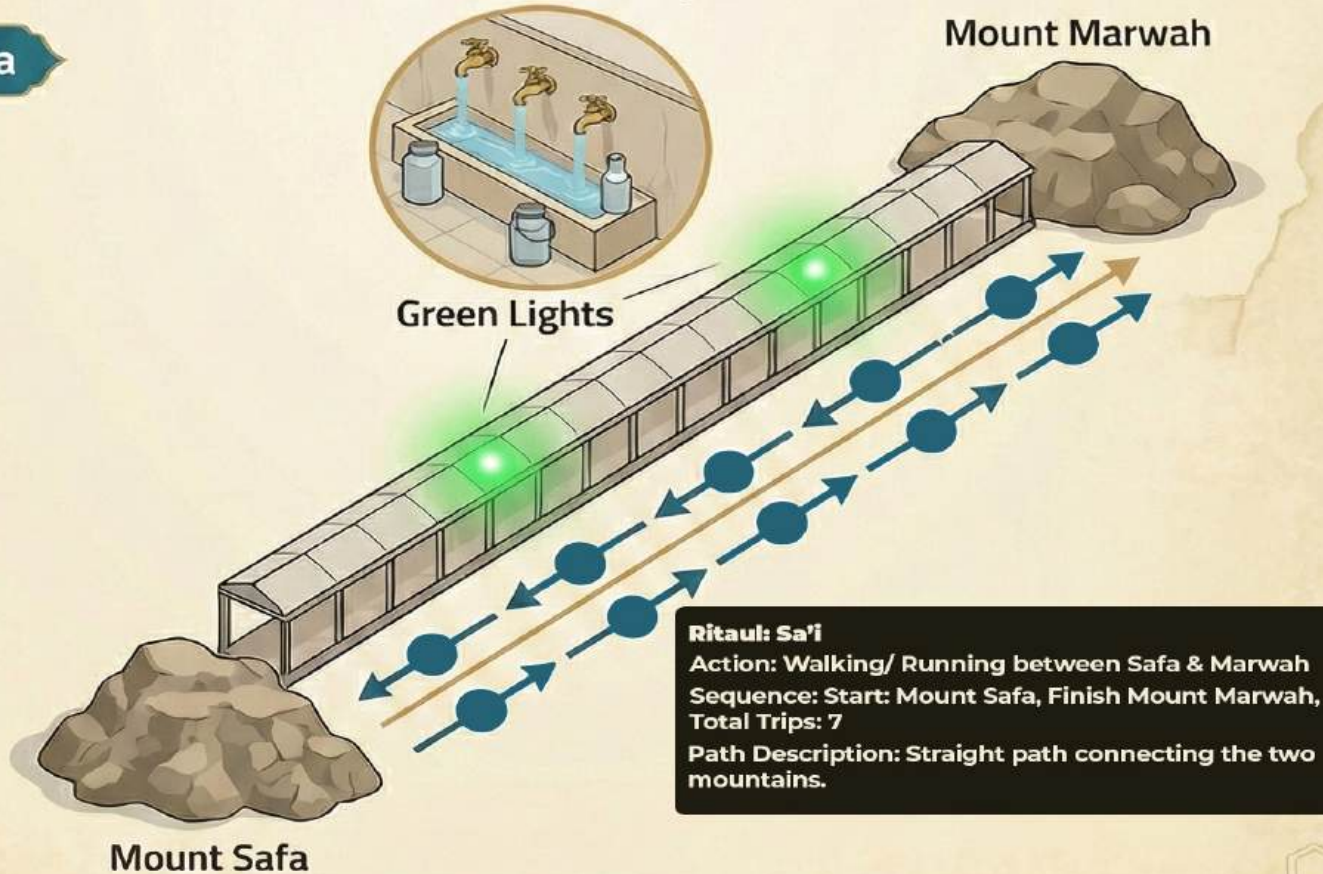
Ritual: Tawaf
 Action: Circumambulation
 Start Point: Hajar Aswad
 Rounds: 7
 Visual Indicator: Dotted arrows

Intermediate Area

Zam Zam Water Taps

Sa'i Area

Sa'i



Ritual: Sa'i
 Action: Walking/ Running between Safa & Marwah
 Sequence: Start: Mount Safa, Finish Mount Marwah,
 Total Trips: 7
 Path Description: Straight path connecting the two mountains.



Anwaary Travel

AHA Towers Ground Floor
Lourdel Rd Plot 7

+256 702 029 143