

Your Complete Umrah Guide

A practical companion from entering Ihram to completing your sacred rites — matching our printed guide. The Arabic text of each du'a is in the printed guide and on our website's Umrah Guide page; this download carries the transliteration for easy reading on the go.

PREPARATION

01. Ihram — Entering the Sacred State

RECOMMENDED SUNAN BEFORE IHRAM

- Before wearing Ihram, perform ghusl or wudu. Men may apply fragrance on the body only (not on the Ihram clothes).
- If possible, pray 2 rak'ahs before entering Ihram (this can be performed during a flight)
- Enter the state of Ihram before crossing the Miqat* (just before it, on a flight, is permissible)

For men: Two unstitched cloths only and minimal footwear, without covering head/face, ankle or instep.

For women: Modest clothing covering the body, with no face-covering or gloves while in Ihram.

To make the intention for Umrah (to enter the state of Ihram), recite the following at the Miqat*:

Labbaikallhumma bi-ʿUmrah.

[Here I am, O All h, making Umrah]

If fearing obstacles, recite the following:

Allhumma mahillee haithu habastani

[O All h, my place is wherever You prevent me]

Miqat:* A boundary where Muslims must enter a state of Ihram before performing Hajj or Umrah.

02. Talbiyah — The Sacred Chant

PROHIBITIONS IN THE STATE OF IHRAM (FOR MEN AND WOMEN)

- Cutting nails or removing hair (including beard)
- Using perfume on the body or clothes
- Marriage, engagement, proposal, or divorce
- Hunting or killing any animals (including insects)
- Marital intimacy, kissing, or touching with desire
- Engaging in obscene speech or committing sinful acts

After Niyyah, recite the following Talbiyah aloud (men only) repeatedly until reaching the Ka'bah. [Women should recite quietly.]

Labbaikallhumma labbaik, labbaika l shareeka laka labbaik, innal-ʿanda wan-niyata laka wal-mulk, l shareeka lak

[Here I am, O All h, here I am. You have no partner. Here I am. Verily, all praise, blessings, and dominion are Yours. You have no partner]

03. Entering the Masjid — Prepare Your Heart

Enter the Masjid with your right foot and recite:

Bismillhi, wacaltu was-salmu ʿal Rasakillh. Allhummaftaʿe abwba rafatik.

[In the name of All h. May peace and blessings be upon the Messenger of All h. O All h, open for me the doors of Your mercy.]

REMINDERS

- Remain in a state of Wudu, prepared for both Tawaf and Salah
- Avoid pushing, disturbing, or distracting others at all times
- Enter with humility and proceed towards the Ka'bah
- Tawaf will begin at the Black Stone (Hajr al-Aswad), located opposite the green lights

Did you know?: A single prayer offered in Masjid al-Ṣaram carries the reward of 100,000 prayers, while Masjid al-Nabawi and Masjid al-Aqsa carry the reward of 1000 and 500 respectfully

TAWAF

04. Tawaf — Circling the Kaaba

TAWAF INFORMATION BEFORE BEGINNING

- Tawaf consists of seven circuits, beginning/ending at the Black Stone.
- Move anticlockwise, keeping your left shoulder facing the Ka'bah.
- Do not enter Hijr Isma'il (Hateem), the semi-circular area, as it is part of the Ka'bah.

Begin Tawaf at the Black Stone. Men should uncover the right shoulder (Idtiba). The Sunnah is to touch or kiss the Stone, but if this is not possible, raise your right hand towards it and say:

For the first round:

Bismillh, Wallhu Akbar

[In the name of Allah, Allah is the Greatest]

For subsequent rounds say:

Allhu Akbar

[Allah is the Greatest]

For men: First 3 rounds: brisk walk (raml), to imitate the Sunnah. Last 4 rounds: walk at a normal pace.

For women: Women should walk at a normal pace for all 7 rounds.

05. Tawaf Continued — Circling the Kaaba

There are no specific du'as prescribed during Tawaf. However, it is Sunnah to recite the following du'as between the Yemeni Corner and the Black Stone:

Rabban tin fid-dunyā Ṣaḥāḥ wa fil-khīrati Ṣaḥāḥ wa qin ʿadhban-nar

[Our Lord, give us good in this world, good in the Hereafter, and save us from the Fire]

REMINDERS

- Complete 7 full rounds — missing one invalidates Tawaf. If unsure of your count, go with the lower number you are certain of, then complete the remaining rounds.
- If Salah begins, stop Tawaf and join the prayer. Men should cover their right shoulder during Salah. After prayer, uncover it and resume Tawaf from where you stopped.
- During Tawaf, you may recite Qur'an, make du'as, or engage in dhikr in any language.
- At the end of the 7th circuit, do not raise your hand or repeat the takbir.
- Tawaf may be performed at any hour, day or night — even at the times when voluntary prayer is otherwise paused.

06. At Maqam Ibrahim — Station of Ibrahim

After completing the 7 rounds of Tawaf, men should cover their right shoulder.

Proceed to Maqam Ibrahim (the Station of Ibrahim) and stand so that it is between you and the Ka'bah, then recite:

Wattakhidhkinim-maqmi Ibrahima muqall.

[And take the standing place of Ibrahim as a place of prayer]

— Surah Al-Baqarah, 2:125

Now perform two Rak'ahs of Tawaf Salah near Maqam Ibrahim. If it is crowded, you may pray anywhere in the Masjid. It is Sunnah to recite:

- First Rak'ah: Surah Al-Fatiha followed by Surah Al-Kafirun
- Second Rak'ah: Surah Al-Fatiha followed by Surah Al-Ikhlâq

Together these two surahs declare pure tawâf — rejecting all false worship and affirming Allah's oneness.

Did you know?: The Maqam is the very stone Prophet Ibrahim (عليه السلام) stood on while building the Ka'bah. His footprints remain, preserved in the glass and gold case you pass during tawâf.

SA'YEE

07. Say'ee — Between Safa and Marwa

Say'ee begins at Safa. At the foot of Safa, recite the following verse (only the first time):

Innas safaw walmarwata min sha'aa-irillah. Faman hajjalbaita awi'tamara fala junaaha 'alayhi aiyattawawwafa bihima.

Wamang ta-twawwa'a khayrang fa'innallaaha shaakirun 'alim.

[Indeed, Safa and Marwah are among the symbols of Allah. So whoever performs Hajj to the House or 'Umrah — there is no blame upon him for walking between them. And whoever does good voluntarily — then indeed, Allah is Appreciative and Knowing.]

— Surah Al-Baqarah 2:158

08. Say'ee Continued — Between Safa and Marwa

When on Safa, face the Ka'bah and recite the Dua below (once or three times), raising your hands. Make plentiful supplications after each recital.

Allhu akbar, Allhu akbar, Allhu akbar. Laa ilaha illallaahu wahdahu laa shareeka lah, lahul-mulku wa lahul-hamdu, wahuwa 'alaa kulli shayin qadeer, La ilaha illallahu wahdahu laa shareeka lahu, anjaza wa'dahu wa nasara 'abdahu wa hazamal-ahzaba wahdah.

[Allah is the Greatest, Allah is the Greatest, Allah is the Greatest. There is none worthy of worship except Allah alone, without partner. To Him belongs sovereignty and all praise. He gives life and death, and He is Powerful over all things. There is no god but Allah, alone without partner. He fulfilled His promise, supported His servant, and defeated the Confederates by Himself.]

09. Say'ee Continued — Between Safa and Marwa

ACTIONS DURING SAY'EE

- Then walk from Safa to Marwah. At Marwah, face the Ka'abah and recite the du' above again, making plentiful supplications after each recital. This completes one circuit
- Then return to Safa and repeat. Continue until you complete 7 circuits, ending at Marwah.
- While walking between the two hills, make abundant du' , recite Qur'an, and send salawat (Durood) upon the Prophet ﷺ

GREEN MARKERS

For men: Begin walking normally. Along the way, you will pass two green markers. Between these markers, men should jog or run, emulating the action of Hajar ('alayhas-salam). Outside of these markers, continue walking at a normal pace. Repeat this pattern for each lap between Safa and Marwah.

For women: Women should walk at a normal pace. Jogging is not required.

After completing the 7th round at Marwah, your Sa'yee is complete.

Following the completion of Sa'yee, proceed to exit the Masjid and complete the final steps of 'Umrah.

COMPLETION

10. Completing Umrah — Prepare Your Heart

After completing Sa'yee, you may now exit Masjid al-Haram. As per the Sunnah, step out with your left foot while reciting:

Bismillah, was-salatu was-salamu 'ala Rasulillah, Allahumma inni as-aluka min fadlik.

[In the name of Allah, and peace and blessing be upon the messenger of Allah. O Allah, I ask you from Your bounty.]

TO COMPLETE UMRAH, SHAVE OR TRIM YOUR HAIR

For men: Either shave (halq) or trim (taqir) your hair. Shaving is the more virtuous option according to the Sunnah. However, trimming at least one inch of hair is also permissible.

For women: Women must cut a small portion of their hair (about the length of a fingertip) from the ends. Shaving is not permissible for women.

After this, your 'Umrah is complete. No further restrictions apply, except avoiding what is sinful.

Taqabbalallahu Minna Waminkum: May Allah accept it from us and from you.