

# Hajj and Umrah Guide



## UMRAH

### 1. IHRAM – Before reaching Meeqat

**Before Ihram:** Remove unwanted hair, trim nails, make *ghusl* (bath) & *wudhu* (ablution) or at least wudhu.

**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 or recite –

لَبَّيْكَ اللَّهُمَّ بِعُمْرَةٍ

### LabbaikAllahumma bi-Umrah

Here I am O Allah, (in response to Your call) making Umrah. Going to Masjid Al-Haram (Ka'bah), men to recite Talbiyah loudly (women quietly)

**Talbiyah Recitation** (Hajj prayer supplication):

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ، لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ،  
إِنَّ الْحَمْدَ وَالنِّعْمَةَ لَكَ وَالْمُلْكَ لَا شَرِيكَ لَكَ  
**Labbayk Allahumma Labbayk, Labbayk**  
**la sharika laka Labbayk, Innal hamda**  
**wanni'mata laka walmulk La sharika lak**  
Here I am O Allah, (in response to Your call), here I am. Here I am, You have no partner, here I am. Indeed all the Praise, Grace and Sovereignty belong to You. You have no partner.

### Umrah (Tawaaful-Qudoom) ۞

**Entering Masjid Al-Haram (Sacred Mosque) in Makkah:**  
Enter with the right foot and recite:

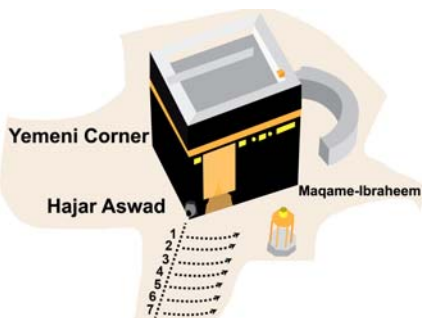
اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

**Allahumma aftah lee abwaaba rahmatika**

O Allah, open the doors of Your Mercy for me.

♦ Make intention for the Tawaf.

### 2. TAWAAF (Circling the Ka'bah 7 times)



♦ Before proceeding to the starting point of Tawaaf, *Al-Hajarul-Aswad* (The Black Stone) <sup>1</sup>, **men only** - uncover right shoulder by placing Ihram underneath right arm-pit (this is known as *Idhtiba*).

When beginning each circuit, make a sign with your right hand towards al-Hajarul-Aswad (The Black Stone) <sup>2</sup>, and recite –

اللَّهُ أَكْبَرُ

Allahu Akbar (Allah is the Greatest).

♦ Men should walk briskly (*Raml*) during first 3 circuits only, the remaining 4 circuits are done at a normal pace completely around until 7<sup>th</sup> circuit. No particular supplication (Dua) is essential during Tawaaf.<sup>3</sup>

♦ *Dua* (supplication) can be made during Tawaaf, except it is *Sunnah* to recite the following when going between *Ar-Ruknul-Yamani* (Yemeni Corner)<sup>4</sup>

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الآخِرَةِ  
حَسَنَةً وَفَنَا عَذَابَ النَّارِ

**Rabbanaa aatinaa fid-dunyaa hasanatan**  
**wa feel aakhirati hasanatan wa qinaa**  
**'adhaaban naar**



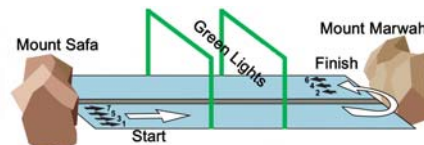
Our Lord!  
Give us in this world that which is good and in the Hereafter that which is good, and save us from the torment of the Fire!

♦ Once Tawaaf is complete, cover your right shoulder and offer 2 rakaats anywhere behind the Station of Ibraheem – or anywhere in the Haram: Recite Surat al-Kafirun in 1st rakaa and Surat al-Ikhlās in the 2<sup>nd</sup> rakaa.

♦ Drink Zamzam water – Make Dua



### 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.

At foot of as-Safa recite –

إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ فَمَنْ  
حَجَّ الْبَيْتِ أَوْ اعْتَمَرَ فَلَا جُنَاحَ عَلَيْهِ أَنْ يَطُوفَ  
بِهِمَا وَمَنْ تَطَوَّعَ خَيْرًا فَإِنَّ اللَّهَ شَاكِرٌ عَلِيمٌ

**Innas-safaa wal marwata min**  
**sha'aa'irillaahi faman hajjal baita**  
**'awi tamara falaa junaaha 'alaih an**  
**yattawwafa bihimaa wa man tatawwa'a**  
**khiran fa'innAllaha shaakirun 'aleemun**

Verily! As-Safa and al-Marwah are of the Symbols of Allah. So it is not a sin on him who performs Hajj or 'Umrah of the House to perform the Tawaf between them. And whoever does good voluntarily, then verily, Allah is All-Recognizer, All-Knower. Each time you complete one round (Safa and Marwah)

recite –  
اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ  
لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَ لَهُ  
الْحَمْدُ يُحْيِي وَيُمِيتُ وَ هُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ؛  
لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، أَنْزَلَ وَعَدَهُ  
وَ نُصِرَ عَبْدَهُ وَ هَرَمَ الْأَخْرَابَ وَ وَحْدَهُ

**Allahu Akbar Allahu Akbar Allahu Akbar**  
**- laa illaaha illallahu wahdau laa**  
**shareekalah - laahul mulku wa laahul**  
**hamdu - yuhyee wa yumeetu wa huwa**  
**'alaa kulli shai'in qadeer - laa ilaaha**  
**illallahu wahdahu laa shareekalah -**  
**anjaza wa'dahu wa nasara ' abdashu wa**  
**hazamal ahzaaba wahdahu**

Allah is the Greatest, Allah is the Greatest, Allah is the Greatest. There is none truly worthy of worship except Allah

alone, without partner. To Him belongs all Sovereignty and all Praise. He alone gives life and causes death, He is Omnipotent over all things. There is none truly worthy of worship except Allah alone, without partner. He has fulfilled His promise, and helped His slave, and He alone has defeated the confederates.

### 4. Shaving Head/Trimming ۞

After completing Sa'ee: **Men:** shaving entire head is preferable or cut hair equally from all over head;

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

اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

**Allahumma innee 'as'aluka min fadhlika**

O Allah, send prayers and peace upon Muhammad.

O Allah, verily I ask You from Your Favor.

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

### Footnotes

- 1 If possible, cling to area between the corner of al-Hajarul-Aswad (The Black Stone) and the door.
- 2 If possible, touch The Black Stone with the right hand and also kiss it; if not, simply make a sign towards it with the right hand.
- 3 There is no specific Du'aa during the walk around the Ka'bah, apart from what has been mentioned for between The Yemeni Corner to The Black Stone. You can therefore recite the Quran or any Dua as you please.
- 4 If possible, touch Ar-Ruknul-Yamani (Yemeni Corner) each time - this is best; if not, then do not make any sign towards it.

### Visiting Madina - Masjid-Al-Nabawi – Masjid Quba



Visiting Madina is not an obligatory act for either Hajj or Umrah, but there is great value in visiting Al Masjid-Al-Nabawi (the Prophet's Mosque).

The Prophet (sallallahu alayhi wa sallam) has said :

"One prayer in this mosque (**Madina**) of mine is better than 1,000 prayers offered anywhere else except the Masjid Al-Haram (**Makkah**), and one prayer in Masjid Al-Haram is better than 100,000 prayers in any other mosque."

He (SAW) also said: "Whoever makes ablutions at home and then goes and prays in Masjid Quba (the first mosque built in Islam), will have a reward like that of an Umrah."

### Types Of Hajj

Any person intending to perform Hajj opts for either one of the three types of Hajj:

- ♦ **TAMATTU:** Making Umrah then Hajj in the prescribed months of Hajj. It is considered the best of the three forms of Hajj that the Prophet Muhammad (Pbuh) urged his followers to perform.
  - ♦ **QIRAAN:** Making Umrah and Hajj at the same time.
  - ♦ **IFRAAD:** Making Hajj only; without Umrah.
- \*If you select *Tamattu* or *Qiraan* you must perform the *Udhiya* (Sacrifice), (Qurbani in Urdu).

**Don't forget to:**

- ♦ Pay all debts
- ♦ Redress all wrongs
- ♦ Write your will

For more copies:

The Islamic Bulletin  
PO Box 410186 SF CA 94141  
USA

♦ E-Mail: [info@islamicbulletin.org](mailto:info@islamicbulletin.org)  
♦ Web: [www.islamicbulletin.org](http://www.islamicbulletin.org)





# HAJJ

The Journey of a Lifetime

Upon arrival in Makkah	-	Make Tawaf
8th Dhul-Hijjah	-	Wearing The Ihram Stay In Mina
9th Dhul-Hijjah	-	Stay In Arafah Stay In Muzdalifah
10th Dhul-Hijjah	-	Stoning The Pillars Performing The Udhhiya (Sacrifice) Shave Head Tawaaful-Ifaadhah
11th, 12th, (13th Dhul-Hijjah 11)	-	Stay In Mina For Stoning
Upon departure from Makkah	-	Tawaaful-Wadaa

## 8th day of Dhul-Hijjah (Yawmut-Tarwiyah)

Enter state of Ihram.<sup>5</sup>  
♦ Make intention for Hajj, reciting -

لَبَّيْكَ اللَّهُمَّ بِحَجِّ

Labbayk Allahumma bi-hajjah

Here I am O Allah, (in response to Your call) making Hajj.

Standing, face the Qiblah recite the Talbiyah:

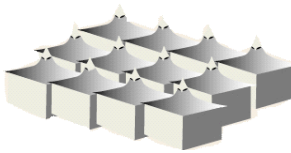
لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ، لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ،  
إِنَّ الْحَمْدَ وَالنِّعْمَةَ لَكَ وَالْمُلْكُ لَا شَرِيكَ لَكَ

**Labbayk Allahumma Labbayk, Labbayk  
la sharika laka Labbayk, Innal hamda  
wanni'mata laka walmulk La sharika lak**

♦ Between the time period after Fajr until before Zhuhur go to Mina (preferably in Morning)

Stay in Mina

- ♦ Pray Dhuhr, 'Asr, Maghrib and 'Isha at Mina<sup>6</sup>.
- ♦ Engage in Ibadah (worship) all day.



## 9th 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*<sup>7</sup> (place close to 'Arafah - there is now a Masjid there) and remain there until after *Zawaal* (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 -

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

La ilaha ill Allahu wahdahu laa shareeka lahu lahul mulk wa lahul hamdu wa huwa 'alaa kulli shay 'in qadeer

There is none truly worthy of worship except Allah alone, without partner. To Him belongs all Sovereignty and all Praise, and He is Omnipotent over all things.

-this is the best supplication to recite on this great day.

- ♦ Pray Dhuhr & Asr at Arafah.
- ♦ Perform WUQUF (stand and pray), make dua (supplications) and seek forgiveness until sunset.
- ♦ After sunset go to Muzdalifah.

Stay in Muzdalifah

- ♦ Pray Maghrib & Isha together at Muzdalifah.<sup>6</sup>

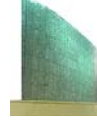


- ♦ In Muzdalifah or Mina, collect 70 pebbles for stoning.<sup>10</sup>
- ♦ Spend the night in Ibadah (worship) or

go to sleep until Fajr.

## 10th day of Dhul-Hijjah (Yawmun-Nahr)

- ♦ Pray Fajr in Muzdalifah.
- ♦ Leave for Mina after Fajr. Between the time periods of after sunrise until the night, calmly proceed to Jamaratul-'Aqabah al-Kubraa ③ for stoning. Facing Jamarah, with Makkah to your left and Mina to your right, throw seven stones at Jamarah reciting-



اللَّهُ أَكْبَرُ

Allahu Akbar

Allah is the Greatest (after each throw).

- ♦ *Performing the Udhhiya* (Sacrifice), If a sacrificial ticket has been purchased, this is a permissible alternative, otherwise, calmly proceed to slaughter house in Mina for sacrifice.



- ♦ *Shave/Trim Hair* ④. After the sacrifice, Men: shaving head is preferable, or cut hair equally from all over head; Women: cut one-third finger length of hair.
- ♦ Remove Ihram, as all restrictions are now lifted. Go to Makkah to perform Tawaaful-Ifaadhah.

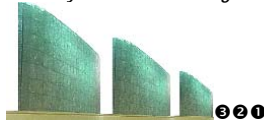
## Tawaaful-Ifaadhah

- ♦ Go to Makkah and perform *Tawaaful-Ifaadhah*. Can be performed anytime up to sunset of 12th Dhul Hijjah. Upon entering al-Masjid ul-Haram with the right foot, recite Dua entering Masjid. (See Umrah section on first page). No Ihram required. Start at al-Hajarul-Aswad (Black Stone)<sup>1</sup>
- ♦ Once Tawaaf is complete, offer 2 rakaats anywhere behind the Station of Ibraheem - or anywhere in the Haram: Recite Surat al-Kafirun in 1st raka'a and Surat al-Ikhlās in the 2nd raka'a.
- ♦ Drink Zamzamwater - Make Du'aa
- ♦ Perform Sa'ee (See Umrah section page 1)
- ♦ Upon the completion of the Sa'ee, all restrictions are now lifted.
- ♦ Return back to Mina.
- Upon leaving al-Masjid ul-Haram with the left foot, recite dua of leaving the Masjid - (See Umrah section page 1)

## 11th Dhul-Hijjah

- ♦ If Tawaaf Ifaadhah<sup>8</sup> was not performed yesterday, go to Makkah and perform Tawaf. Then pray 2 rakaats, drink from Zam Zam and perform Sa'ee. Return to Mina.

Stay in Mina for Stoning



From the time period between after Zawaal (sun at highest point - no shadow) until the night, stone all three Jamarats, 21 required per day.<sup>11</sup> ②③①

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

اللَّهُ أَكْبَرُ

Allahu Akbar

Allah is the Greatest (after each throw)

After stoning first Jamarah ①, face Qiblah (with first Jamarah to your right), raise hands and supplicate as you wish. Then, calmly proceed to 2nd (middle one) Jamarah ② Facing second Jamarah, with Makkah to your left and Mina

to your right, throw each of the seven stones at Jamarah reciting -

اللَّهُ أَكْبَرُ

Allahu Akbar

Allah is the Greatest (after each throw)

After stoning second Jamarah, face Qiblah (with second Jamarah to your right), raise hands and supplicate as you wish. Then, calmly proceed to third Jamarah (Al-'Aqabah al-Kubraa) ③. Facing third Jamarah, with Makkah to your left and Mina to your right, throw each of the seven stones at Jamarah reciting -

اللَّهُ أَكْبَرُ

Allahu Akbar

Allah is the Greatest (after each throw)

After stoning final Jamarah, move onwards without supplicating.

## 12th Dhul-Hijjah

- ♦ If Tawaf Ifaadhah<sup>8</sup> 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 Jamarat 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 Jamarat with 7 pebbles for each Jamarat.
- ♦ Leave for Makkah.
- ♦ Before final departure from Makkah, perform *Tawaaful-Wadaa'* (Farewell Tawaf) as your last act.

## Footnotes

- From wherever you are residing - hotel, house, etc.
- Pray two Fard each for Zhuhur, 'Asr and 'Isha. Maghrib is not shortened, and remains three Fard. 'Isha to be followed by Witr.
- A place close to 'Arafah - there is now a Masjid there. If this is not possible, it is permissible to proceed to 'Arafah.
- Tawaaful-Ifaadhah* (Tawaaf ul Ziyarrat in Urdu) can be performed on the 10th. \*Women should allow extra days for Tawaf in Makkah in case of menses.
- For an English translation, see page 1.
- They are all the same in size. 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. (Approximately 1cm across = 0.39 inches).
- It is permissible to perform Tawaaful-Wadaa' on 12th day of Dhul-Hijjah (as long as you leave Mina before sunset), thus missing the recommended (but not compulsory) day of stoning.

## Traveling by metro train during Hajj

Hajj pilgrims traveling by the metro train will board and depart from Arafat, Muzdalifah, Mina and Jamarat at three tent-shaped stations for each area based on the colored bracelet given to Hajjis. (Colored bracelets will be given to pilgrims who purchase them before Hajj)



Station 1 Blue	Station 2 Yellow	Station 3 Green
M i n a 1	M i n a 2	Jamarat (Mina) 3
A r a f a t 1	Muzdalifah 2	Muzdalifah 3
Muzdalifah 1	A r a f a t 2	Arafat (Mina) 3

Hajj Mabruur (An accepted Hajj).  
May Allah (SWT) accept your Hajj.

رقم اذن بطبع ٥٢٠٩م / ج في ٣٠ / ١٢ / ١٤٣١

انجليزي English  
[www.islamicbulletin.org](http://www.islamicbulletin.org)