

1 - Ihraam - Before reaching Meeqat

- Remove unwanted hair, trim moustache, clip nails etc.
- Make full Ghusl (bath) or at least make Wudhu (ablution)
- Before reaching the Meeqat (boundary) put on the Ihraam clothes (2 white un-sewn 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 Rakaats of Salaah - Avoid MAKROOH times. It is Sunnat to recite, Surah Kaafirun in the 1st Rakaat and Surah Ikhlās in the 2nd Rakaat after Surah Faatihah.
- Make Niyat (intention) for Umrah in any language:

اللَّهُمَّ إِنِّي أُرِيدُ الْحُمْرَةَ فَيَسِّرْهَا لِي وَتَقَبَّلْهَا مِنِّي
 "Allaah humma inni ureedul umrata fa yas-sir haa lee wa taqabbal haa minni"
 [Oh Allah, I intend to perform Umrah; make it easy for me and accept from me]

f. Recite Talbiyyah:

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ ، لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ ،
 إِنَّ الْحَمْدَ وَالنِّعْمَةَ لَكَ وَالْمُلْكَ ، لَا شَرِيكَ لَكَ
 "Labbayka Allaahumma labbayk, labbayka laa shareeyka laka labbayk, Innal-hamda wan-ni' mata laka wal-mulk, laa shareeyka lak
 [Here I am, O Allaah, here I am. Here I am, You have No partner, here I am. Verily All praise and blessings, and All sovereignty, are Yours. You have No partner]

- Proceed to Masjid al-Haram, reciting the Talbiyyah, (men to recite loudly; women to recite quietly).
- When reaching and entering the Masjid al-Haram, enter with your right foot and recite Du'aa for entering the Masjid.
- On seeing the Ka'bah, say "Allaahu Akbar, Laa ilaaha illallah" 3 times, recite Durood and make Du'aa facing the Ka'bah.



2 - Tawaaf

- 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 Idhtiba).
- Make Niyat for Tawaaf (can be made in any language)
 "Oh Allah, I intend to perform Tawaaf; make it easy for me and accept it from me."
- Face the Ka'bah with your whole body and recite:

بِسْمِ اللَّهِ اللَّهُ أَكْبَرُ وَلِلَّهِ الْحَمْدُ
 "Bismillaahi, Allaahu Akbar, wa lil laahil hamd"
 [In the name of Allah, Allah is the greatest and all praise is for Allah]

- Touch and kiss the Hajare Aswad. If you can not kiss or touch it, then hold the palms out towards the black stone and then softly kiss the palms without making a sound. This is called Istilam. Start your 1st circuit. Repeat "Bismillaahi Allaahu Akbar" every time when starting a new circuit until all 7 circuits are complete.
- Men should walk briskly (Ram'l) during the First 3 circuits. The remaining four circuits are done at a normal pace.
- Perform Istilam for the 8th time to finish.
- During Nafil Tawaaf, ONLY if possible face your head towards the Ka'bah and touch the Yamani corner with the right hand (the corner before Hajare Aswad) and say "Bismillaahi, Allaahu Akbar". During Umrah when in Ihraam this is NOT done due to Itr applied there.

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

- Recite Qur'aan, make Du'aa or Dhikr etc. during Tawaaf. It is Sunnah to recite the following Du'aa between the Yamani corner and the corner with the Hajare Aswad during each circuit:
 رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ
 "Rab-banaa aatinaa fid-dunyaa hasanah wa fil aakhirati hasanah waqina 'azaaban naar"
 [O Allah, grant us goodness in this world, and goodness in the hereafter, and save us from the punishment of the fire]
- After Nafil Tawaaf, if possible, stand between the door of the Ka'bah and Hajare Aswad and make Du'aa - This area is called Multazam - This is NOT done during Umrah due to Itr applied there.
- Once Tawaaf is complete, (i) Cover your right shoulder (ii) Offer 2 Rakaats anywhere behind the Maqam-e-Ibraheem or anywhere in the Haram. It is Sunnah to recite, Surah Kaafirun in the 1st Rakaat and Surah Ikhlās in the 2nd after Surah Faatihah.
- Drink Zam Zam water - Make Du'aa when drinking Zam Zam.
- It is desirable (Mustahab) to perform Istilam for the 9th time before going to Sa'ee

3 - Sa'ee

- Proceed to Mount Safa and make Niyat (Intention) of Sa'ee (this can be done in any language)
- Ascend Mount Safa, face the direction of the Ka'bah and say: "Laa ilaaha il-lal laahu wal-laahu akbar" 3 times.
- Raise the hands and facing the direction of the Ka'bah, make as much Du'aa as possible.
- From Mount Safa proceed to Mount Marwah.
- Make Du'aa, Dhikr etc. along the way.
- Men (only) should jog / quicken their pace between the set of green lights - you may recite the Du'aa above.
- When reaching the other Mount, again make Du'aa facing the direction of Ka'bah.
- Going from one Mount to the other is counted as One circuit.
- Return back to Safa - Go 7 times in total between Safa and Marwah repeating steps e, f & g (above).
- Finish the 7th circuit at Marwah and make Du'aa.

4 - Shaving head/Trimming hair

- After completing Sa'ee, Men should shave off their hair (Halaq) or trim a minimum of 1 inch of the hair evenly all over (Qasr). Qasr 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.

REMOVE IHRAAM CLOTHES - UMRAH NOW COMPLETE.