



OFFLINE REFERENCE GUIDE

The Complete Umrah Guide

Step-by-step rites, packing list & pre-departure checklist

Inside this guide:

- The full Umrah sequence, Ihram to Halq/Taqsir, with duas
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This is a printable snapshot for offline reference. For live weather, currency rates, the interactive versions of these tools, and everything else on the site, visit umrahpackages.lk/islamic-tools.

1. Step-by-Step Umrah Guide

The full sequence of Umrah, from entering Ihram through Halq/Taqsir. This is a general overview reflecting how most pilgrims perform Umrah — a few small details differ between schools of thought, so for a specific fiqh question, ask your group's Maulavi or scholar.

1. Before Ihram: Preparation

Ghusl, grooming, and getting dressed before you enter the sacred state of Ihram.

- Take a full bath (ghusl) if you're able to — this is sunnah before entering Ihram, even outside of the days you'd normally need one.
- Trim your nails and remove underarm and other body hair beforehand, since you won't be able to once you're in Ihram.
- Men may apply non-alcohol-based perfume to the body (not to the Ihram cloth itself) before entering Ihram — this is allowed even though wearing perfume during Ihram itself is not.
- Men wear the two unstitched white Ihram sheets (an izar for the lower body, a rida draped over the shoulders) and simple sandals that leave the top of the foot uncovered.
- Women wear their normal modest, loose-fitting clothing in any colour — Ihram does not require white for women. The face and hands stay uncovered; a headscarf is worn as usual, but a niqab and gloves are not worn during Ihram.
- All of this is normally done before or at the Miqat — the boundary point set for your route into Makkah. Most package flights and airport procedures are timed around this, so follow your agency's briefing on when to change.

Tip: Ask your agency exactly when your flight or route reaches the Miqat — for many Sri Lankan pilgrims this is announced on the plane before landing in Jeddah or Madinah.

2. Niyyah & Talbiyah

Make your intention for Umrah at the Miqat, then recite the Talbiyah until you begin Tawaf.

- At the Miqat, make your intention (niyyah) specifically for Umrah. The intention is primarily in the heart — saying it aloud is a common practice to help focus it, not a requirement.
- From this moment, you are in the sacred state of Ihram and its restrictions apply: no cutting hair or nails, no perfume, no marital relations, no hunting, and — for men — no stitched clothing or covering the head.
- Recite the Talbiyah frequently from this point — many pilgrims repeat it during the whole journey into Makkah — and continue until you begin Tawaf.

لبيك اللهم عمرة

Labbayka Allahumma 'Umrah.

“Here I am, O Allah, [in response to Your call], performing Umrah.”

Tip: The Talbiyah below is the main one to memorize — you'll say it over and over from here until Tawaf begins.

3. The Talbiyah

The core recitation of Ihram — repeated often on the way to Masjid al-Haram.

- There's no fixed count — recite it as often as you comfortably can, especially when your surroundings change (boarding transport, seeing the Haram for the first time, joining a crowd).
- Men are encouraged to say it audibly; women recite it quietly enough for those beside them to hear, without raising their voice.
- Keep reciting it right up until you're about to start your first circuit of Tawaf.

لبيك اللهم لبيك، لبيك لا شريك لك لبيك، إن الحمد والنعمة لك والملك، لا شريك لك

Labbayk Allahumma labbayk, labbayka la sharika laka labbayk. Innal-hamda wan-ni'mata laka wal-mulk, la sharika lak.

"Here I am, O Allah, here I am. Here I am, You have no partner, here I am. Verily all praise, grace and sovereignty belong to You. You have no partner."

4. Enter Masjid al-Haram

Step in with your right foot and make the dua for entering a mosque.

- Enter with your right foot first, as with any mosque, and lower your gaze and voice out of respect for those around you.
- Any gate into Masjid al-Haram is valid — with the scale of crowds today, follow the signage and staff directing your entry point rather than trying to reach a specific gate.
- Once inside and the Kaaba comes into view, many pilgrims pause for a moment of quiet dua before moving toward the Tawaf area.

اللهم افتح لي أبواب رحمتك

Allahumma-ftah li abwaba rahmatik.

"O Allah, open the gates of Your mercy for me."

5. Tawaf — Seven Circuits of the Kaaba

Circle the Kaaba seven times, keeping it on your left, starting and ending at the Black Stone corner.

- Begin level with the Black Stone (Hajar al-Aswad). If you can reach it safely, touch or kiss it; if not — which is normal given the crowds — simply face it, raise your hand toward it, and say 'Bismillahi Allahu Akbar.' Never push or endanger yourself or others to reach it.
- Walk seven full circuits, keeping the Kaaba on your left the whole time, ending back at the Black Stone corner after each circuit.
- Men perform Idtiba for the whole of Tawaf — passing the rida (upper Ihram cloth) under the right arm and over the left shoulder, leaving the right shoulder bare.
- Men also perform Ramal — brisk, short steps — for the first three circuits only, if it's safe and not overly crowded to do so; the remaining four circuits are walked normally. Women do not perform Ramal.
- There's no single fixed dua for each circuit — recite Qur'an, dhikr, or personal dua freely. Many pilgrims recite the dua below between the Yemeni Corner and the Black Stone on every circuit.

ربنا آتنا في الدنيا حسنة وفي الآخرة حسنة وقنا عذاب النار

Rabbana atina fid-dunya hasanatan wa fil-akhirati hasanatan wa qina 'adhaban-nar.

"Our Lord, give us good in this world and good in the Hereafter, and protect us from the punishment of the Fire."

Tip: If the mataf (Tawaf area) around the Kaaba is extremely crowded, it's completely valid to do your seven circuits from an upper floor — the ruling follows the circuit count, not the floor.

6. Two Rak'ahs at Maqam Ibrahim

After Tawaf, cover your right shoulder again and pray two short rak'ahs.

- As soon as you finish your seventh circuit, men should end Idtiba by covering the right shoulder again with the rida.
- Try to pray two rak'ahs behind or near Maqam Ibrahim if the crowd allows it — but if it's too packed to get close, any spot in Masjid al-Haram is valid for this prayer.
- A short recitation is enough; this isn't a lengthy prayer, and pilgrims commonly recite Surah Al-Kafirun in the first rak'ah and Surah Al-Ikhlās in the second, though any surah is fine.

7. Drink Zamzam Water

Drink Zamzam water, ideally facing the Kaaba, and make dua as you drink.

- Zamzam water is available throughout Masjid al-Haram from coolers and taps — drink as much as you comfortably want.
- It's recommended to face the Qibla while drinking and to make sincere personal dua, as this is considered a time when supplication is especially encouraged.
- There's no obligation attached to this step for the validity of your Umrah — it's a recommended practice, not a required ritual, so don't worry if the area is too crowded to reach right away.

8. Sa'i — Seven Trips Between Safa and Marwah

Walk between the hills of Safa and Marwah seven times, starting at Safa and ending at Marwah.

- Head to the Safa gate/area to begin. Facing the Kaaba, it's customary to recite takbir and a dua before setting off toward Marwah.
- Walking from Safa to Marwah counts as one trip, and Marwah back to Safa counts as the next — seven trips in total, finishing at Marwah (not back at Safa).
- Men jog or walk briskly for the short stretch between the two green markers along the path, where it's safe and uncrowded to do so; the rest of the walk is at a normal pace. Women walk the entire distance at a normal pace throughout.
- As with Tawaf, there's no single fixed dua — recite Qur'an, dhikr, or your own supplications freely between the two hills.

Tip: The Safa-Marwah gallery is fully air-conditioned and covered, with wheelchair lanes down the centre — a relatively easier stretch of the journey physically compared to Tawaf.

9. Halq or Taqsir — Completing Umrah

Shave or trim your hair to formally exit Ihram — this is the final step of Umrah.

- Men choose between Halq (shaving the head completely) or Taqsir (trimming hair evenly all over the head to roughly a fingertip's length). Halq is considered more virtuous, but either is valid.
- Women trim a small amount — about a fingertip's length — from the ends of their hair. Women do not shave their heads.
- Licensed barbers are available right around Masjid al-Haram for men who want Halq or Taqsir done on the spot; women typically do this themselves or with a family member, in private.
- Once this is done, all Ihram restrictions are lifted — your Umrah is complete. It's customary to thank Allah and make dua that your Umrah is accepted.

Tip: If you're continuing straight into Hajj or performing another Umrah later in the same trip, ask your Maulavi/group leader how this affects your Ihram timing before you cut your hair.

2. Ihram Rules & Restrictions (Summary)

A general overview of the widely-agreed restrictions during Ihram. This isn't a substitute for scholarly guidance — for anything about your own situation, speak to a scholar or your group's Maulavi.

Applies to everyone

- Cutting or trimming your hair or nails.
- Using perfume or scented products — on the body or on your clothing — once you've entered Ihram.
- Engaging in marital relations.
- Hunting or killing game animals.
- Uprooting plants or cutting trees within the sacred precinct (the Haram boundary).
- Arguing, quarrelling, or using obscene language.

Specific to men

- Wearing stitched or tailored clothing — the two-piece Ihram cloth (izar and rida) is worn instead.
- Covering the head with a fitted covering. An umbrella or other shade is fine; a fitted cap or hood is not.

Specific to women

- Covering the face with a niqab, or wearing gloves, while in Ihram.
- Otherwise, normal modest dress is kept as usual — the face and hands stay uncovered as usual outside of Ihram-specific restrictions.
- The head and hair should remain covered as usual.

3. Umrah Packing Checklist

A complete checklist combining every traveler profile. Tick off items as you pack — for a version tailored to just your situation, use the interactive Packing Checklist tool on the site.

Documents

- ☐ Passport (valid 6+ months) & photocopies
- ☐ Umrah visa printout / confirmation
- ☐ Flight tickets & itinerary
- ☐ Hotel/package booking confirmations
- ☐ Passport-sized photographs (spares)
- ☐ Vaccination certificate (e.g. meningitis, if required)
- ☐ Travel insurance documents
- ☐ Emergency contact list (family, embassy, tour operator)

Money & Cards

- ☐ Cash in Saudi Riyals (small denominations)
- ☐ Some cash in local currency
- ☐ Debit/credit cards (inform your bank of travel)
- ☐ Secure money pouch/wallet

General Essentials

- ☐ Phone & charger
- ☐ Universal travel adapter/power bank
- ☐ Personal daily medication (in hand luggage)
- ☐ Small first-aid kit (plasters, pain relief, rehydration salts)
- ☐ Unscented toiletries (fragrance-free, for Ihram compliance)
- ☐ Unscented sunscreen & lip balm
- ☐ Reusable water bottle
- ☐ Comfortable walking sandals/shoes
- ☐ Lightweight travel prayer mat
- ☐ Small dua/Quran booklet or app downloaded offline
- ☐ Luggage tags with your name & contact details
- ☐ Small laundry/wet-clothes bag

For Male Travelers

- ☐ 2x Ihram cloth sets (2 unstitched white sheets each)
- ☐ Money belt (worn under Ihram)
- ☐ Slip-on sandals (easy on/off for Ihram)

For Female Travelers

- ☐ Modest, breathable abayas (2–3, loose-fitting)
- ☐ Headscarves (several, breathable fabric)
- ☐ Extra safety pins/scarf pins

For Elderly Travelers

- ☐ Compression socks (for long flights & standing)
- ☐ Prescription medication, packed with copies of prescriptions
- ☐ Portable folding cane or foldable stool

- ☐ Blood pressure monitor, if you routinely track it
- ☐ Extra pair of comfortable shoes for rest days

For Families

- ☐ Entertainment for kids (books, tablet, quiet games)
- ☐ Kid-sized Ihram or modest travel clothing
- ☐ Familiar snacks for the journey
- ☐ Wet wipes & hand sanitizer
- ☐ "If lost" card in each child's pocket (hotel name & contact number)

Traveling With Children

- ☐ Entertainment for kids (books, tablet, quiet games)
- ☐ Kid-sized Ihram or modest clothing, plus spares
- ☐ Familiar snacks for the journey
- ☐ Wet wipes & hand sanitizer
- ☐ "If lost" card in child's pocket (hotel name & contact number)

For Wheelchair Users

- ☐ Mobility aid maintenance kit (basic tools, spare parts)
- ☐ Doctor's letter describing the mobility device & any needs
- ☐ Note: request airport wheelchair assistance in advance with your airline
- ☐ Portable cushion for extra comfort

4. Pre-Departure Checklist

Documents, money, connectivity and home admin to sort out before you fly — distinct from the physical packing list above.

Documents

- ☐ Check your passport is valid for at least 6 months beyond your travel dates
- ☐ Confirm your Umrah visa has been issued and the details match your passport exactly
- ☐ Arrange your Meningitis (ACYWI35) vaccination certificate, if your route requires one
- ☐ Make printed and digital copies of your passport, visa, vaccination certificate and tickets — and store them separately from the originals
- ☐ Note down embassy and agency emergency contact numbers somewhere other than just your phone

Health & Insurance

- ☐ Consider travel insurance that covers your trip dates and any pre-existing conditions
- ☐ Pack enough regular prescription medication for the whole trip, plus a few spare days, along with a copy of the prescription
- ☐ If you have a health condition affected by heat, humidity or long walking, check in with your doctor before you travel

Financial

- ☐ Notify your bank that you'll be travelling, so your card isn't blocked for unusual activity abroad
- ☐ Carry some Saudi Riyal cash for arrival
- ☐ Work out your rough daily budget before you go
- ☐ Carry a backup payment method (a second card, or some emergency cash) in case your main card has issues

Digital & Connectivity

- ☐ Save your agency's WhatsApp group and contact number in your phone
- ☐ Download offline maps for Makkah and Madinah before you land
- ☐ Decide on your SIM, eSIM or roaming plan before you land, so you're not without data on arrival
- ☐ Download any prayer time, Quran or dua apps you plan to use offline

Home & Family

- ☐ Share your flight itinerary, hotel details and agency contact with family or a trusted friend
- ☐ Arrange cover for anything that needs it at home while you're away — mail, pets, plants, bills
- ☐ Leave a trusted contact with a way to reach you or your agency in an emergency

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