

Hajj and 'Umrah Practical Guide



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Hajj PowerPoint Presentation available at

<http://www.mec1.org/hajj>

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Food Tips and General Medical Advice for Hajj Travelers

Disclaimer: *These are general guidelines. Please consult your medical practitioner for advice that is applicable to your specific medical condition.*

Credit: These notes were compiled by Shariq Alvi from a presentation by Dr. Khalid Baig, with some edition.

1. Food Advice

- Start your day with a breakfast that includes foods such as: Cereal, milk, bananas, eggs, lentils, bread, noodle, and pasta.
- In general, try to eat well cooked food, and choose healthy food as much as possible.
- Wash fruits (and hands) before eating.
- Avoid spicy and oily food, especially if you feel the onset of any sickness.
- Avoid uncooked items, even healthy ones like precut fruits and salads, you don't know how well they were washed and how long they were sitting outside in the open space.
- Avoid overeating. This will make you lose your energy.
- Stay well hydrated. Drink at least 8 glasses of water every day.

2. Precautionary Measures

- **Face mask:** use N95 face masks, since this is the only type that is effective. Buy them from the US (see for example: http://www.uline.com/BL_1080/3M-N95-Dust-Respirators).

Note: Whenever we talk with someone, we spew microscopic particles, so we are always exchanging microscopic droplets. A face mask is a very effective prevention measure.

- **Wash hands** with water and soap frequently. Washing hands well in flowing tap water is also very effective, even when not using soap.

- **Important Tip:** If your hands have touched anything dirty or someone infected (shaking hands, etc.), avoid touching your eyes, nose and mouth until you wash your hands. Hand sanitizers are very effective to sterilize your hand. Non-alcohol-based sanitizers are available.
- **Itchy Throat:** If you feel the start of something in your throat don't wait until it fully develops. Start the following precautionary measures immediately:
 - Wash your nose and mouth liberally with warm to moderately hot water.
 - Gargle with salt water as soon as you feel the traces of any infection. This improves the blood circulation in the throat area and helps fighting the infection.
 - Drink hot green tea. This will wash away any bugs into your stomach where they cannot survive.

Note: Viruses and bacteria cannot survive in hot temperatures. They need a certain amount of time to multiply. This usually happens in the throat area. Washing/cleaning this area with warm/hot water flushes the area and stops them from multiplying. This is an excellent preventive measure.

3. Medication Advice

Note: This advice is for healthy adults without any medication allergies or complications, and for non-pregnant women. As always, please consult with your medical provider before taking any medication.

3.1 Symptoms of Viral Flu (generally)

- Intense body aches
- Either low or very high fever
- Painful throat
- Mild cough
- Mild yellow or clear green phlegm, mostly from the nose

Note: It is not necessary and not advisable to take antibiotics for viral infections.

3.2 Symptoms of Bacterial Flu (generally)

- Low to moderate fever
- Mild sore throat
- Very bad cough
- Dark yellow, dark green phlegm

Note: take antibiotics to treat the bacterial flu. Antibiotics can be obtained in pharmacies in Makkah and Madinah.

3.3 Diarrhea

The biggest problem with diarrhea is the loss of fluids, causing dehydration. Drink lots of water.

Medicine: Start with Kaopectate. This will harden the stool without causing constipation. If no improvement in 12 hours, use Lomotil (prescription medication). Alternatively use Imodium if Lomotil is not available. If conditions do not improve in 12 hours then consult a doctor.

Note: Lomotil is a better medicine than Imodium. Ask your doctor for a prescription and buy it from the US.

3.4 Fever/Body Ache

Use Advil 600mg every 6 hrs. Second preference: Tylenol. Avoid using Aspirin.

Note: If you are taking any antibiotics and you get any joint pain or muscle pain, stop immediately.

3.5 Severe Medical Conditions

If you see the following symptoms then consult a health professional immediately:

- Blood in stool
- Dark black stool
- Severe headache (for people who don't get it normally)
- Chest pain and difficulty in breathing



Logistical Preparation

For a comfortable ḥajj

Guidelines

When packing things for ḥajj, keep in mind:

- Stay light. Extra items you don't need will just increase the weight you will have to carry around.
- Take necessary items, like your prescription medication.
- Choose compact and light items. The camping section is a good place to look in.
- Do not take valuables. You run the risk of losing them, and it just adds to your worries.
- Most items are available in Makkah, Madīnah and Jeddah, and usually more affordable. The advantage is that you only buy things that you really need.
- Take enough clothes (suitable for the expected weather in Makkah and Madīnah) for the duration of your stay. In particular, take enough underwear and undershirts for the trip.
- When packing, keep all sharp objects (pocket knife, scissors, etc.) in your luggage.
- Make 2 sets of photocopies of necessary documents. Leave one at home and keep one with someone traveling in your group.

Ḥajj Packing Checklist

Use this checklist when shopping or write down your own based on your specific needs.

✓	Item	Comment
	Cash	Take larger bills
	Credit card	Check expiration date. Keep separate from money
	Pocket muṣḥaf or smart phone Qur'ān app	
	Small book of authentic du'ā	Du'ā from Qur'ān and Sunnah
	Small MP3 player (or cell phone)	Preloaded with Qur'ān recitation and your favorite lectures
	Ḥajj guide and/or this handout	
	Notepad & pen	
	Ṭawāf/Sa'y bead counter	Make a few at home
	Prayer mat	
	Prescription medication	Keep all medication in original packages
	Prescription glasses Reading glasses	Take an extra pair
	OTC medication	for: diarrhea, cough, cold/flu, sore throat, fever, headache
	Bandages (Band-Aid)	For small cuts/blisters
	Face masks and/or nasal filters	Don't wear face masks when in iḥrām or during ṣalah
	Toiletry kit	Use unscented soap and deodorant when in iḥrām
	Disposable urinal bags (Travel-John)	For bathroom emergencies
	Microfiber travel towel	For Minā. Size: 60" x 30" (150 cm x 75 cm) approx.
	Scissors	Don't keep in hand luggage
	Comb	
	Unscented baby wipes	
	Nail clipper	

	Comfortable clothing	Depending on your needs. Take enough clothes for the duration of your stay (especially undershirts & underwear)
	Travel or ḥajj belt (flexible & comfortable)	Or a travel neck wallet
	Iḥrām towels	100% cotton, light
	Flip-flops/Sandals	Choose comfortable ones. Break them in if bought new
	Unscented petroleum jelly (Vaseline) or anti-chafing lubricant (less messy)	To prevent chafing and skin rash while in iḥrām (for men)
	Safety pins	Large size
	Small inflatable pillow	For Muzdalifah (and also during travel)
	Camping mat	For Muzdalifah
	Light travel blanket	For Muzdalifah and during travel
	Small folding umbrella	Light color
	Sunglasses	
	Eye shades	For napping in Minā
	Earplugs	32 decibel rating. Keep them with you all the time
	Drawstring backpack	To carry slippers and other items while inside the Masjid
	Backpack	For Minā/Muzdalifah/‘Arafah
	Small drawstring bag for pebbles	Large enough to hold 70 pebbles (plus a few extra)
	Compact flashlight	You may need it in Muzdalifah
	Cell phone	GSM, unlocked, multi-band (includes the 900 Mhz freq.)
	Colored packing tape	Mark your luggage and passport



Excellence of Ḥajj and ‘Umrah

Narrated Abū Hurayrah (رضي الله عنه): The Prophet ﷺ was asked: Which deed is the best? He replied: *Faith in Allāh and His messenger.* Then he was asked: What is next? He replied: *Jihād in the cause of Allāh.* Then he was asked: What is after that? He replied: *Ḥajj mabrūr.*

[al-Bukhārī and Muslim]

‘Ā’ishah (رضي الله عنها) reported that she said: O Messenger of Allāh! We consider jihād to be the best deed. Should we not fight in Allāh's cause? He ﷺ replied: *For you (women) the best jihād: Ḥajj mabrūr.*

[al-Bukhārī]

Narrated Abū Hurayrah (رضي الله عنه): The Prophet ﷺ said: *Whoever performs ḥajj and does not commit any obscenity nor commit any evil, will return as sinless as a new-born child.*

[al-Bukhārī and Muslim]

Narrated Abū Hurayrah (رضي الله عنه): The Prophet ﷺ said: *‘Umrah is an expiation for the sins committed between it and the previous ‘umrah; and the reward of ḥajj mabrūr (i.e., one accepted) is nothing but Jannah.*

[al-Bukhārī and Muslim]

Buraydah (رضي الله عنه) reported, Allāh's Messenger ﷺ said: *Spending in ḥajj is akin to spending in the cause of Allāh: a dirham thus spent is rewarded seven hundred times over.*

[Ibn Abī Shaybah, Aḥmad, at-Ṭabarānī, al-Bayhaqī. Sound Hadīth]

‘Abdullāh Ibn Mas‘ūd (رضي الله عنه) reported that the Prophet ﷺ said: *Alternate between ḥajj and ‘umrah, for they remove poverty and obliterate sins just as the blacksmith's bellows removes all impurities from metals like iron, gold and silver. The reward for ḥajj mabrūr is nothing short of Paradise.*

[an-Nasā’ī and at-Tirmidhī]

Abū Hurayrah (رضي الله عنه) reported, Allāh's Messenger ﷺ said: *Three are under the guaranteed protection of Allāh, the exalted: a man who sets out to a masjid of Allāh, a man who sets out in the cause of Allāh, and a man who sets out for ḥajj.*
[Abū Dāwud, al-Ḥumaydī and Abū Naʿīm. al-Albānī classified it as Ṣaḥīḥ]

Abū Hurayrah (رضي الله عنه) reported that the Prophet ﷺ said: *Those performing ḥajj and those performing ʿumrah are the guests of Allāh, He answers their prayers when they supplicate to Him, and He forgives them when they seek His forgiveness.*

[an-Nasāʾī, Ibn Mājah, Ibn Khuzaymah and Ibn Ḥibbān]

ʿĀʾishah (رضي الله عنها) reported, Allāh's Messenger ﷺ said: *There is no day when Allāh sets free more servants from Hell Fire than the day of ʿArafah. He draws near, then praises them to the angels, saying: What do these seek?*

[Muslim]

Jābir (رضي الله عنه) narrated that the Prophet ﷺ said: *Al-ḥajj al-mabrūr has no reward except Jannah.* He was asked: What makes a ḥajj to be **mabrūr**? He said: **Providing food (to people) and spreading good word.**

[Aḥmad, aṭ-Ṭabarānī (ḥasan), Ibn Khuzaymah (in his ṣaḥīḥ), al-Bayhaqī, al-Ḥākim (Ṣaḥīḥ)]

The goal is: **Ḥajj Mabrūr**

Ḥajj mabrūr (an accepted ḥajj) is:

- A ḥajj performed with the intention of seeking Allāh's pleasure only (complete sincerity)
- A ḥajj performed in accordance to the sunnah of the Prophet ﷺ
- A ḥajj free of sin; i.e. conducted with full obedience to Allāh ﷻ
- A ḥajj with righteous deeds benefiting others
- A ḥajj that is not followed by disobedience

Al-Ḥasan al-Basrī said:

- “Al-ḥajj al-mabrūr is to return abstinent from this world, desiring the Hereafter.”



Hajj and ‘Umrah Related Definitions

Al-Masjid al-Ḥarām (المَسْجِدُ الْحَرَامُ): the masjid surrounding the Ka‘bah. It is commonly called al-Ḥaram (الحَرَمُ), but that is not accurate, as al-Ḥaram refers to the entire Ḥaram of Makkah.

Pillar (ركن): A necessary act of ḥajj, such as the standing in ‘Arafah, the lack of which invalidates the ḥajj with no way to compensate for it.

Obligatory Act (واجب): An obligatory act of ḥajj, such as stoning of the jamarāt, which if missed for any reason, then a fidyah (animal sacrifice) is required as expiation.

Sunnah (سنة): desirable act of ḥajj other than a pillar or an obligatory act. There are many sunnahs in ḥajj and ‘umrah.

Hady (هدي): animal sacrifice for performing tamattu‘ or qirān.

Shawṭ (شوط): One circuit of ṭawāf around the Ka‘bah, or one lap of sa‘y between aṣ-Ṣafā and al-Marwah. Plural is **ashwāt (أشواط)**.

Ṭawāf (طواف): Circumambulation around the Ka‘bah seven times. Each circuit is called **shawṭ (شوط)**. There are several kinds of ṭawāf.

Sa‘y (سعي): Walking between aṣ-Ṣafā and al-Marwah seven times. Each lap is called **shawṭ (شوط)**.

Iḥrām (إحرام): The state of ritual consecration or the ceremonial state of starting ‘umrah or ḥajj.

Prohibitions of iḥrām (محظورات الإحرام): all acts a person in a state of iḥrām is prohibited from doing.

Fidyah (فدية): expiation for missing an obligatory act (wājib) or violating a restriction of iḥrām. Fidyah is the fasting of three days, feeding of six needy people or an animal sacrifice. Missing a wājib requires an animal sacrifice.

Note: For a complete list of terms related to ḥajj and ‘umrah refer to the
“Glossary of Hajj and ‘Umrah.”



Months and Days of Ḥajj

Hijri Calendar	Months of Ḥajj
1. Muḥarram (مُحَرَّم)	10. Shawwal (شَوَّال)
2. Ṣafar (صَفَر)	11. Dhul-Qi‘dah (ذُو الْقَعْدَةِ)
3. Rabī‘ al-Awwal (رَبِيعُ الْأَوَّل)	12. Dhul-Ḥijjah (ذُو الْحِجَّة)
4. Rabī‘ al-Ākhir (رَبِيعُ الْآخِر)	
5. Jumādā al-Ūlā (جُمَادَى الْأُولَى)	
6. Jumādā al-Ākhirah (جُمَادَى الْآخِرَةِ)	
7. Rajab (رَجَب)	
8. Sha‘ban (شَعْبَانَ)	
9. Ramaḍān (رَمَضَانَ)	
10. Shawwāl (شَوَّال)	
11. Dhul-Qi‘dah (ذُو الْقَعْدَةِ)	
12. Dhul-Ḥijjah (ذُو الْحِجَّة)	

Days of Ḥajj
All in the 12th month, Dhul-Ḥijjah
8 th of Dhul-Ḥijjah: Day of Tarwiyah (يوم التروية)
9 th of Dhul-Ḥijjah: Day of ‘Arafah (يوم عرفة)
10 th of Dhul-Ḥijjah: Day of Naḥr (يوم النحر)
11 th of Dhul-Ḥijjah: 1st Day of Tashrīq
12 th of Dhul-Ḥijjah: 2nd Day of Tashrīq
13 th of Dhul-Ḥijjah: 3rd Day of Tashrīq



Mawāqīt and Ḥaram of Makkah

Mawāqīt

Mawāqīt (مَوَاقِيت) is the plural of **mīqāt** (مِيقَات): the geographical boundary that a person, heading to Makkah and intending ḥajj or ‘umrah, may not cross without assuming iḥrām for ḥajj or ‘umrah, or both.

The mawāqīt were delimited by the Prophet ﷺ. They are:

- Dhu-l Ḥulayfah (ذو الحليفة)
 - Coming from Madīnah
 - Other names: Abyār ‘Alī
 - ~410km/255mi north of Makkah
- Al Juḥfah (الجحفة)
 - Coming from North Africa, Syria, ...
 - 187km/116mi north west of Makkah
 - Rābigh: 204km/127mi N.W. of Makkah
- Qarn al-Manāzil (قرن المنازل)
 - Coming from Najd (Ryāḍ, ...), Dubai, ...
 - Qarn al-Manāzil is a valley, the northern part is called As-Sayl al-Kabīr, and the southern part is called Wadī Maḥram. The distance between the two is about 32km/20mi.
 - 80km/50mi east of Makkah
- Yalamlam (يللم)
 - Coming from Yemen
 - Other names: As-Sa‘diyyah
 - 129km/80mi south of Makkah
- Dhatu ‘Irq (ذات عرق)
 - Coming from ‘Iraq
 - Other names: Aḍ-Ḍarībah
 - 88km/55mi north east of Makkah



Mawāqīt Map

A Muslim intending ḥajj or ‘umrah who crosses the mīqāt without iḥrām must return to the same mīqāt and make iḥrām from there. If he/she does not, then he/she must offer an animal sacrifice as an expiation (fidyah).

Jeddah is within the limits of the mawāqīt. Therefore, if a pilgrim is going to Makkah with intention of performing ḥajj or ‘umrah, he must assume iḥrām before landing in Jeddah.

Make the niyah and say talbiyah when the mīqāt is announced during the flight, before landing in Jeddah, approximately:

- 20 minutes (passing by Rābiḡh) - Flights from Europe, Jordan, Syria, etc.
- 30 minutes (passing by Qarn al-Manāzil) - Flights from Dubai, Oman, etc.

Haram of Makkah

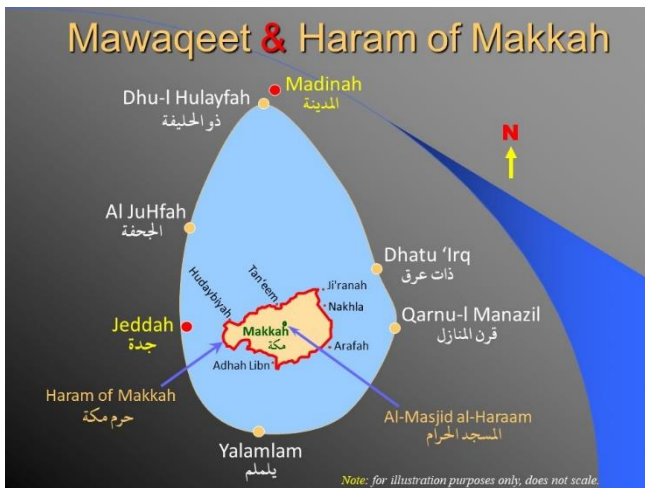
The Ḥaram of Makkah (حرم مكة): is the sanctified area surrounding Makkah. It was delimited by Ibrāhīm (عليه الصلاة والسلام) under the guidance of Jibrīl (عليه السلام). Its perimeter is 127 km (79 miles) surrounding an area of 550 Km² (212 mi²).

The main boundary points of the Ḥaram of Makkah are:

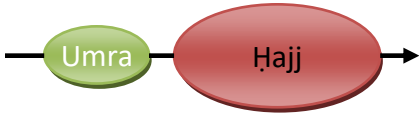
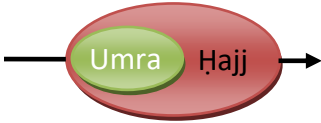

- At-Tan‘īm (التَّنْعِيم): 7.4 km / 4.6 mi, North
- Nakhlah (نَخْلَة): 13 km / 8 mi, N.E.
- Al-Ḥudaybiyah (الْحُدَيْبِيَّة): 22 km / 13.5 mi, W.
- Aḏāh Libn (أَضَاه لِبْن): 16 km / 10 mi, S.
- ‘Arafah (عَرَفَة): 22 km / 13.5 mi, E.
- Al-Ji‘rānah (الْجِعْرَانَة): 22 km / 13.5 mi, N.E.

The Ḥaram is mentioned in Surat al-Ḥajj, Verse 25. It is meant as a sanctuary of peace and safety for all forms of life: humans, animals, plants. Specific restrictions, not related to ḥajj or ‘umrah, mentioned in the Sunnah, apply to the Ḥaram of Makkah (and that of Maḍīnah) at all times:

- Its plants must not be cut,
- Its game must not be frightened,
- Articles lost in it must not be picked up except by someone making announcement to find the owner,
- Nor is any man to bear arms for fighting in it.



Kinds of Ḥajj

Kind of Ḥajj	Months of Ḥajj
Tamattuʿ (التَّمَتُّعُ) <ul style="list-style-type: none"> ʿUmrah then ḥajj during the months of ḥajj Pilgrim called mutamattiʿ (مُتَمَتِّعٌ) Requires hady (animal sacrifice) 	
Qirān (الْقِرَانُ) <ul style="list-style-type: none"> Combined ʿumrah and ḥajj during the months of ḥajj Pilgrim called qārīn (قَارِئٌ) Requires hady (animal sacrifice) 	
Ifrād (الْإِفْرَادُ) <ul style="list-style-type: none"> Ḥajj only during the months of ḥajj Pilgrim called mufrid (مُفْرِدٌ) Does not require hady 	

The Prophet ﷺ commanded his companions to do **tamattuʿ**, even though he did qirān because he brought the hady (animal for sacrifice) with him.



Hajj and ‘Umrah Procedures

Day of Departure

Things to Gather Before Departure

- Take:
 1. Passport,
 2. Airline tickets/eTicket numbers & itinerary printout,
 3. Permanent residency ID (if applicable),
 4. Vaccination record,
 5. Bank drafts of the hajj fees,
 6. Phone numbers & addresses.(Make 2 copies of all your documents)
- If going to Makkah first, store ihṛām towels and slippers in hand luggage.
- Take the name, address and phone number of hotels in Makkah and Madīnah.
- Take the phone numbers of your travel agent (in the US as well as in Saudi Arabia).
- Ṣalat times for the cities on your itinerary.
- Luggage – Hard luggage with heavy-duty wheels.

Things to Avoid

- Cigarettes and Tobacco.
- Jewelry, expensive watches and other valuables.
- Overloading yourself with items you may not need.

Day of Departure

- Before departure, do a general cleanup: clip nails, shave private areas and trim mustache.
- Pray 2 rak‘ahs (for travel) at home.
- Leave early for the airport.
- Recite the du‘ā when you sit in your ride to the airport (see du‘ā below).

Du‘ā for Travel

عن ابنِ عمر رضي الله عنهما، أَنَّ رسولَ الله صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ كَانَ إِذَا اسْتَوَى عَلَى بَعِيرِهِ خَارِجاً إِلَى سَفَرٍ، كَبَّرَ ثَلَاثًا، ثُمَّ قَالَ:

« سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ، وَإِنَّا إِلَى رَبِّنَا لَمُنْقَلِبُونَ.

اللَّهُمَّ إِنَّا نَسْأَلُكَ فِي سَفَرِنَا هَذَا الْبِرَّ وَالتَّقْوَى، وَمِنَ الْعَمَلِ مَا تَرْضَى.

اللَّهُمَّ هَوِّنْ عَلَيْنَا سَفَرَنَا هَذَا وَاطْوِ عَنَّا بُعْدَهُ، اللَّهُمَّ أَنْتَ الصَّاحِبُ فِي السَّفَرِ وَالْخَلِيقَةُ فِي الْأَهْلِ. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ وَعَثَاءِ السَّفَرِ، وَكَآبَةِ الْمُنْتَظَرِ، وَسُوءِ الْمُنْقَلَبِ فِي الْمَالِ وَالْأَهْلِ وَالْوَلَدِ »

وَإِذَا رَجَعَ قَالَهُنَّ وَزَادَ فِيهِنَّ:

« آيِبُونَ تَائِبُونَ عَابِدُونَ لِرَبِّنَا حَامِدُونَ »

Translation

Allāhu Akbar, Allāhu Akbar, Allāhu Akbar. How perfect He is, The One Who has placed this (transport) at our service, and we ourselves would not have been capable of that, and to our Lord is our final destiny. O Allāh, we ask You for birr (righteousness) and taqwā (watchfulness) in this journey of ours, and we ask You for deeds which please You. O Allāh, facilitate our journey and let us cover its distance quickly. O Allāh, You are The Companion on the journey and The Successor over the family. O Allāh, I take refuge in You from the difficulties of travel, from having a change of hearts and being in a bad predicament, and I take refuge in You from an ill-fated outcome with wealth and family.



‘Umrah Step by Step

‘Umrah Step 1 - Ihṛām

Notes

- The kind of ḥajj described in this document is tamattu’. ‘Umrah is described first and then ḥajj, separately.
- Ensure that you have ihṛām towels in your carry-on baggage, if you are going to Makkah first.
- Ihṛām is not required if you are going to Madīnah first. If you travel to Madīnah first, you do your ihṛām when traveling from Madīnah to Makkah at the mīqāt of Dhul-Ḥulayfah.
- Ḥajj travelers should assume ihṛām upon reaching or before passing the mīqāt.
- There are 5 mīqāt entry points delimited by the Prophet ﷺ. If your flight is coming from Europe, Jordan or Egypt, your mīqāt is al-Juḥfah (Rābiḡh).
- After entering ihṛām, it is prohibited for male pilgrims to wear fitting clothes or cover their heads. It is prohibited for all pilgrims to remove or pluck hairs, clip nails, use perfume/scented deodorant, hunt, enter into marriage contracts, have sexual intercourse, or cut the plants and trees of the Sacred Precinct (Ḥaram of Makkah).

Ihṛām Steps

1. Do a general clean up before getting into ihṛām: clip nails, shave private areas and trim mustache, if you haven’t done so at home before departure.
2. Take a shower and wash your body the same way you do your ghusl of jumu’a. This is a sunnah even for women in their menses. If showering is not possible, make wudū’.
3. If you are traveling by air, it is strongly recommended to put on ihṛām towels in the last stop-over airport before boarding your flight to Jeddah. It is extremely difficult to put on ihṛām towels in the airplane.

4. When approaching the mīqāt (most flights announce the mīqāt), make intention for ‘umrah and say:

لَبَّيْكَ اللَّهُمَّ عُمْرَةً

Transliteration

labbayka Allāhumma ‘umrah

Translation

Here I am O Allāh, (intending) ‘umrah

Note: Now you are in a state of ihṛām. Watch for the restrictions.

5. Then start talbiyah.

Talbiyah

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

Transliteration

labbayka-Allāhumma-labbayk. labbayka lā sharīka laka labbayk. inna l-ḥamda wa-n-ni‘mata laka wa-l-mulk. lā sharīka lak.

Translation

Here I am O Allāh, (in response to Your call), 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.

Notes

- Talbiyah should be continued (not necessarily non-stop) until you see the Ka‘bah.
- Make talbiyah especially:
 - while descending or ascending during travel,
 - joining a party of people,
 - after every salah,
 - in the morning and in the evening
- Talbiyah should be recited aloud. That is the sunnah of the Prophet ﷺ.

‘Umrah Step 2 - Ṭawāf of ‘Umrah

1. Arrive at al-Masjid al-Ḥarām. Enter by the right foot and recite the usual du‘ā for entering a masjid.
2. When you see the Ka‘bah, raise your hands in du‘ā if you want to. And there is no particular du‘ā established from the Prophet ﷺ at this point. So, you may supplicate Allah with whatever you wish.

Notes

- a. You should not believe that you have to enter the Masjid from a particular gate. You can enter from any gate.
 - b. Women in their menses should not enter the Masjid; it is not permissible.
 - c. Whenever you visit the Masjid, if you intend to perform ṭawāf, then you don’t have to pray the two rak‘ahs of taḥiyyat al-masjid.
3. Go to the Black Stone and start your ṭawāf from there by kissing and/or touching it or pointing at it and saying “Allāhu Akbar”.
 4. Keep the Ka‘bah to your left. Circumambulate it seven times while making dhikr and du‘ā.
 5. Men should uncover their right shoulder during all seven rounds of Ṭawāf of ‘Umrah (when arriving in Makkah ONLY).
 6. Touch the Yamānī Corner with the right hand every time you pass by it if possible, but neither kiss nor point at it.
 7. While passing between the two corners (Yamānī and Black Stone) say:

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Transliteration

rabbānā ātinā fī-d-dunyā hasanatan wa fī-l-ākhirati hasanatan wa qinā
‘adhāba-n-nār

Translation

O Lord! Give us good in this world and good in the Hereafter and save us
from the torment of the Fire

8. Ṭawāf ends after you have circumambulated the Ka‘bah seven times.

Note: Try moving outwards from the 5th shawṭ onwards, so you can exit more easily by the 7th shawṭ.

The two rak‘ahs of ṭawāf - Maqām Ibrāhīm

1. After ṭawāf, offer two rak‘ahs behind Maqām Ibrāhīm. If crowded, pray anywhere in the maṣjīd.
2. Recite Surat al-Kāfirūn in the first rak‘ah and Surat al-Ikhlās in the second.
3. The two rak‘ahs of ṭawāf are a sunnah for all kinds of ṭawāf.
4. After praying, drink from Zamzam and pour some of the water on your head.
5. Then return to the Black Stone, say takbīr and touch it, as before, if possible.
6. Go to aṣ-Ṣafā to perform your sa‘y.

Ṭawāf Notes

- All kinds of ṭawāf, including optional ṭawāf, consist of seven ashwāṭ around the Ka‘bah.
- The Ka‘bah should be to your left at all times during ṭawāf.
- Ṭawāf shall be performed within the boundaries of al-Maṣjīd al-Ḥarām.
- You do not have to say your intention out loud to begin ṭawāf.
- A state of wuḍū’ is required for all kinds of ṭawāf.
- A menstruating woman does not perform ṭawāf until she becomes clean.
- Continue ṭawāf without interrupting the ashwāṭ, unless it is necessary, otherwise it is void.
- You do not have to touch the Black Stone for your ṭawāf to be accepted. If it is crowded you may face your right hand toward the Stone and say “Allāhu Akbar.”
- Do not hurt anyone to kiss the Black Stone.
- Do not stand at the Black Stone line for a long time. Point towards it with your right hand, say “Allāhu Akbar” and move on.

- Do not touch or point at the Gharbī and the ‘Irāqī corners at all.
- Do not kiss the Yamānī Corner. You may only touch it.
- Do not point your hand towards the Yamānī Corner saying “Allāhu Akbar.” This is only for the Black Stone.
- There is no particular dhikr for ṭawāf, so you may recite Qur’ān or any dhikr you like.
- Do not follow those du‘ā books that make up a du‘ā for each shawṭ around the Ka‘bah. Read Qur’ān and supplicate Allah from your heart and glorify Allāh.
- Supplicate Allah by yourself, do not follow a shouting group.
- Do not wipe the walls of the Ka‘bah during ṭawāf. The Messenger of Allāh ﷺ did not touch anything other than the Black Stone and the Yamānī Corner.

‘Umrah Step 3 - Sa‘y between aṣ-Ṣafā and al-Marwah

1. Starting from aṣ-Ṣafā, make seven laps between aṣ-Ṣafā and al-Marwah. Your last lap should end at al-Marwah.
2. Each one-way lap between aṣ-Ṣafā and al-Marwah, or vice versa, is counted as one shawṭ.
3. When starting at aṣ-Ṣafā, recite Āyah (2:158):

إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ

Transliteration

Inna-ṣ-Ṣafā wa-l-Marwata min sha‘a’iri-l-lāhi.

Translation

Surely aṣ-Ṣafā and al-Marwah are among the symbols of Allāh.

4. Then say as the Prophet ﷺ said:

نَبَدًا بِمَا بَدَأَ اللَّهُ بِهِ

Transliteration

Nabda' u bimā bada' a Allāhu bih.

Translation

We begin with that which Allāh began with (i.e. aṣ-Ṣafā).

5. Face the Ka'bah and raise your hands for supplication while saying the following dhikr three times and making du'ā in between:

اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ

Transliteration

Allāhu Akbaru, Allāhu Akbaru, Allāhu Akbar

Translation

Allāh is great, Allāh is great, Allāh is great

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

Transliteration

Lā ilāha illā Allāhu waḥdahu lā sharīka lahu, lahu-l-mulku wa lahu-l-ḥamdu, yuḥyī wa yumītu, wa huwa 'alā kulli shay'in qadīr.

Translation

None has the right to be worshipped but Allāh, alone, without partner. To Him belongs all sovereignty and praise, and He is over all things omnipotent.

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، أَنْجَزَ وَعْدَهُ وَنَصَرَ عَبْدَهُ وَهَزَمَ الْأَحْزَابَ وَحْدَهُ

Transliteration

Lā ilāha illā Allāhu waḥdahu lā sharīka lahu - anjaza wa'dahu wa naṣara 'abdahu wa hazama-l-aḥzāba waḥdahu.

Translation

None has the right to be worshipped except Allāh alone. He fulfilled His promise, gave victory to His Servant and single-handedly defeated the allies.

6. Walk between aş-Şafā and al-Marwah. When you reach the green-light area, hasten your walk until you reach the end of that area (men only), then slow down to a normal pace again.

Note: Continue to remember Allāh, supplicating to Him and reciting Qur’ān while going between aş-Şafā and al-Marwah, because there is no specific supplication to be said while performing sa’y, except those recited on ascending aş-Şafā and al-Marwah.

‘Umrah Step 4 - **Ḥalq (shaving) or Taqṣīr (trimming)**

1. When you finish the seventh lap at al-Marwah, you shorten the hair of your head, thus ending the ‘umrah. Shaving is better unless this is the ‘umrah that precedes ḥajj (in the case of tamattu’).
2. Women shorten their hair about a finger-tip’s length.
3. Everything that became forbidden to you upon entering iḥrām now becomes permissible again.
4. You remain in the state of “ḥill” (being out of the state of iḥrām) until the day of Tarwiyah (8th of Dhul-Ḥijjah).



‘Umrah Summary

1. Ihṛām

- Assume ihṛām from a mīqāt if coming from outside or from at-Tan‘īm if you are in Makkah
- Clean yourself and take a shower (ghusl)
- Put on two ihṛām garments & flip-flops/sandals
- Pray two rak‘ahs or a prescribed salah
- Make intention and say "labbayka Allāhumma ‘Umrah"
- Recite talbiyah and go to Makkah (to al-Masjid al-Ḥarām)

2. Ṭawāf

- Arrive at al-Masjid al-Ḥarām
- Stop talbiyah when you see the Ka‘bah. Make du‘ā
- Go to the Black Stone and kiss it and/or touch it if possible, or point to it with your right hand and say “Allāhu Akbar”
- Start ṭawāf from the Black Stone line
- Make seven ashwāṭ around the Ka‘bah while making du‘ā
- Touch the Yamānī Corner in each shawṭ, if possible
- After the last shawṭ pray two rak‘ahs of ṭawāf anywhere in the Masjid
- Drink Zamzam and proceed to aṣ-Ṣafā for sa‘y

3. Sa’y Between as-Safā and al-Marwah

- Start with aṣ-Ṣafā
- When you reach aṣ-Ṣafā, recite the Āyah [2:158]
- Climb on aṣ-Ṣafā and recite dhikr and du‘ā
- Walk to al-Marwah and jog in the green-light area
- Stand on al-Marwah and recite dhikr and du‘ā
- You finish the seventh lap on al-Marwah. Exit from there

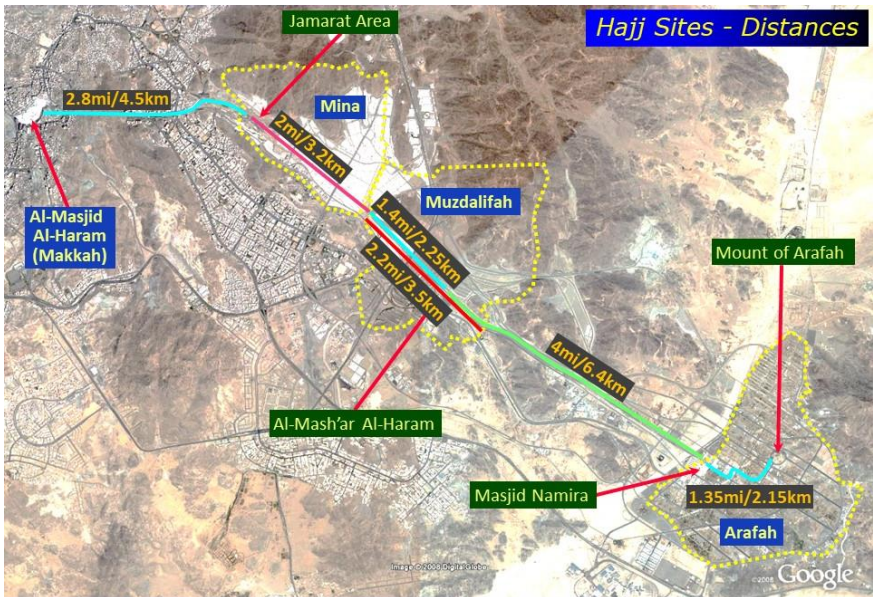
4. Cutting Hair

- Start with the right side
- Shave your head or cut your hair short from all over your head
- ‘Umrah is complete, and all ihṛām restrictions are lifted

Ḥajj Step by Step

Ḥajj Sites - Distances

From	To	Distance
Al-Masjid Al-Ḥarām (Makkah)	Jamarāt (Minā)	2.8 mi / 4.5 km
Jamarāt (Minā)	Minā / Muzdalifah Border	2 mi / 3.2 km
Minā / Muzdalifah Border	Al-Mash‘ar Al-Ḥarām (Muzdalifah)	1.4 mi / 2.25 km
Minā / Muzdalifah Border	End of Muzdalifah	2.2 mi / 3.5 km
Al-Mash‘ar Al-Ḥarām (Muzdalifah)	Masjid Namirah (‘Arafah)	4 mi / 6.4 km
Masjid Namirah (‘Arafah)	Mount of ‘Arafah	1.35 mi / 2.15 km



Hajj Step 1 - Ihṛām for Hajj

What	Ihṛām for hajj
When	<ul style="list-style-type: none"> • Ideally on or before the 8th of Dhul-Ḥijjah. • After Fajr of the day of ‘Eid (10th of Dhul-Ḥijjah) ihṛām for hajj is no longer valid.
Where	<ul style="list-style-type: none"> • If you are in Makkah, make ihṛām from your place of residence. • If you are in Madīnah, make ihṛām from the mīqāt of Dhul-Ḥulayfah.
How	<ul style="list-style-type: none"> • You do the same things that you did in your ihṛām for ‘umrah. • You say: “Labbayka Allāhumma Ḥajjā” • You continue the talbiyah until you throw the pebbles at Jamrat al-‘Aqabah on the 10th of Dhul-Ḥijjah.

Hajj Step 2 - Day of Tarwiyah

What	Day of Tarwiyah
When	8 Dhul-Ḥijjah
Where	Minā
How	<ul style="list-style-type: none"> • Go to Minā in the morning of Yawm at-Tarwiyah (8th of Dhul-Ḥijjah). • Pray Ṣuḥr, ‘Asr, Maghrib, ‘Isha, and Fajr in their time with qasr. • Use your time to gather your thoughts and prepare for the next important day of hajj: The day of ‘Arafah. • Pray in Maṣjid al-Khayf. It is reported that seventy prophets prayed in that masjid. • Stay overnight in Minā.

Hajj Step 3 - Day of ‘Arafah

What	Stand in ‘Arafah during the day and part of the night
When	9 Dhul-Ḥijjah
Where	Plane of ‘Arafah
How	<ul style="list-style-type: none"> • After sunrise, on the day of ‘Arafah, depart from Minā for ‘Arafah while making talbiyah and/or takbīr. • Pray Ṣuḥr and ‘Asr, with qasr (2 rak‘ahs each), combined, early at the time of Ṣuḥr. • After salah, move to your place inside the limits of ‘Arafah if you prayed at Masjid Namirah. • Stand or sit facing the Qiblah, raising your hands and making du‘ā and reciting talbiyah. • When the sun has set, leave ‘Arafah for Muzdalifah, going with calmness and tranquility, not jostling or pushing. • Delay the Maghrib prayer until you reach Muzdalifah.

The Prophet ﷺ said:

“The best thing that I and the Prophets have said on the evening of ‘Arafah is:

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

Transliteration

Lā ilāha illa-llāhu wahdahu lā sharīka lahu, lahu-l-mulku wa lahu-l-ḥamdu
wa huwa ‘alā kulli shay’ in qadīr.

Translation

None has the right to be worshiped except Allāh, alone, without partner.
To Him belongs all sovereignty and praise, and He is over all things
Omnipotent.

The Prophet ﷺ said:

*"There is no day on which Allāh frees more of His slaves from the Fire than the Day of ‘Arafah, and He draws near, then praises them before the angles, saying:
What do these seek?"*

Hajj Step 4 - Night of Muzdalifah

What	Spend the night in Muzdalifah
When	Night of the 10 th of Dhul-Ḥijjah (the night from the 9 th to the 10 th)
Where	Muzdalifah
How	<ul style="list-style-type: none"> • When you reach Muzdalifah, pray Maghrib (three rak‘ahs), then ‘Isha with qasr (two rak‘ahs). Then pray Witr. • You do not pray anything between them or after ‘Isha. However, you always pray Witr. • If you fear that you may miss these prayers due to the throng of people at Muzdalifah, then you may perform prayer on your way to it. • Never delay Maghrib and ‘Isha prayers past the middle of the night, even if you have not reached Muzdalifah. • Spend the night in Muzdalifah. Pray Fajr at the very beginning of its time. • It is permissible for weak persons, women, the sick, and those who accompany them, to leave after half of the night has passed for fear of the rush of people. • You may collect pebbles here. (7 for the first day, 21 each for 11th, 12th and 13th of Dhul-Ḥijjah = 70 in all). Collect a few extra pebbles. • Then you come to al-Mash‘ar al-Ḥarām or any other place in Muzdalifah and face the Qiblah. Recite takbīr, tahlīl, and supplicate Allah until the sky becomes very bright. • Then you leave for Minā <u>before</u> sunrise, calmly while reciting talbiyah. • When you come to the river valley of Muḥassir, you should hurry if possible.

Hajj Step 5 - **Ramy at Jamrat al-‘Aqabah**

What	Ramy at Jamrat al-‘Aqabah
When	<p>10 Dhul-Ḥijjah:</p> <ul style="list-style-type: none"> • Best time: in the morning after sunrise until zawāl (Zuhr time). • Permissible: from the middle of the night of Muzdalifah for those who have an excuse. • Next best time: from zawāl to sunset. • Next best time: from sunset to Fajr of the next day. • After that it becomes qadā’ until sunset of the 13th of Dhul-Ḥijjah. • After sunset of the 13th of Dhul-Ḥijjah this obligatory act is missed and an animal sacrifice is due.
Where	Minā (jamarāt area)
How	<ul style="list-style-type: none"> • You stone Jamrat al-‘Aqabah only on this day, with seven small stones, slightly bigger than a chick-pea. • You say “Allāhu Akbar” while throwing each stone. • You cease reciting talbiyah when you start performing this ramy. • You cannot perform this stoning until after sunrise, except for the weak and women and those who accompany them who choose to leave Muzdalifah after the middle of the night. • And you may delay this ramy to the afternoon, or even up to the night, if you find difficulty in doing it before noon. • When you have stoned the jamrah, everything becomes lawful for you again, except sexual intercourse, even if you have not sacrificed an animal or shaved your head. So, you may wear your clothes and use perfume. This is the partial taḥallul.

Hajj Step 6 - **Naḥr (animal sacrifice)**

What	Naḥr (offering a hady)
When	10 Dhul-Ḥijjah or the days of Tashrīq (the four days of ‘Eid)
Where	Minā or anywhere in the Ḥaram of Makkah

How	<ul style="list-style-type: none"> • Skip this step if you made tawkl̄ for animal sacrifice (you bought a coupon). • Slaughter your animal in any part of Minā or Makkah. • Seven people may share in one camel or cow. • And he who cannot afford a sacrificial animal should fast three days in ḥajj (even the 3 days of tashriq) and seven when he returns to his family.
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Ḥajj Step 7 - Ḥalq (head shaving) or Taqṣīr (trimming)

What	Ḥalq (head shaving) or Taqṣīr (hair trimming)
When	<ul style="list-style-type: none"> • 10 Dhul-Ḥijjah: This is the sunnah • Or any time afterwards
Where	<ul style="list-style-type: none"> • In Minā: this is the sunnah • Or anywhere else (even outside of the Ḥaram of Makkah)
How	<ul style="list-style-type: none"> • Then you shave all of your hair off or shorten it. And shaving is better (for men only). • Start with the right side of the head. • Women shorten their hair the length of a finger-tip.

Ḥajj Step 8 - Ṭawāf al-Ifāḍah

What	Ṭawāf al-Ifāḍah
When	10 Dhul-Ḥijjah
Where	Makkah
How	<ul style="list-style-type: none"> • Then you go off that day to Makkah and perform Ṭawāf al-Ifāḍah in the same way as in the Ṭawāf of Arrival, except that there is no idṭībā' (wearing the iḥrām under your right armpit and over the left shoulder) or ramal (hastening your walk in the first 3 ashwāt) in this ṭawāf. • Pray two rak'ahs behind Maqām Ibrāhīm or anywhere in the Maṣjid.

Hajj Step 9 - Sa'y between aṣ-Ṣafā and al-Marwah

What	Sa'y between aṣ-Ṣafā and al-Marwah
When	10 Dhul-Ḥijjah
Where	Makkah
How	<ul style="list-style-type: none"> • After Ṭawāf al-Ifāḍah, perform sa'y between aṣ-Ṣafā and al-Marwah in the same way as described before. • After ṭawāf al-Ifāḍah and sa'y, you are in a state of complete taḥallul (released from all restrictions of iḥrām). • Drink from Zamzam. • Return to Minā.

Hajj Step 10 - Ramy at the Three Jamarāt

What	Ramy at the three jamarāt
When	11, 12 and 13 Dhul-Ḥijjah
Where	Minā (jamarāt area)
How	<ul style="list-style-type: none"> • Stay in Minā for the days of tashrīq and their nights. • And stone the three jamarāt, each with seven pebbles in each of those days, after zawāl (Zuhr time). • After the first and the second jamarāt, move forward and stand facing the qiblah for a long du'ā while raising your hands.

Note: You may leave Minā after you throw the pebbles on the 12th of Dhul-Ḥijjah, but you have to leave before sunset. If you stay until sunset of the 12th then you have to stay for one more day, the 13th of Dhul-Ḥijjah, and throw the three jamarāt in the same manner.

Hajj Step 11 - Ṭawāf al-Wadā' (Farewell Ṭawāf)

What	Ṭawāf al-Wadā'
When	Last day in Makkah (NOT before)

Where	Makkah
How	<ul style="list-style-type: none"> • On your last day in Makkah, when you are about to leave, you perform ṭawāf in the same way you performed the other types of ṭawāf (no iḍṭibā' or ramal). • You don't perform sa'y after this ṭawāf. • When you finish the ṭawāf, you leave the Masjid normally - not walking backwards.

- The Prophet ﷺ said:

"None of you should depart until he makes his last act ṭawāf of the House."

- Ṭawāf al-Wadā' is not valid if performed before finishing ALL the rituals of ḥajj, including all the ramy.
- The Prophet ﷺ used to carry Zamzam water with him in water skins and containers, and he used to pour it upon the sick and give it to them to drink.

Recap

1. Ihṛām
2. Minā - 8 Dhul-Ḥijjah
3. 'Arafah - 9 Dhul-Ḥijjah
4. Muzdalifah - 9 Dhul-Ḥijjah – night
5. Minā - 10 Dhul-Ḥijjah
 - Ramy (throw pebbles at Jamrat al-'Aqabah)
 - Naḥr (sacrifice)
 - Ḥalq (head shaving) or Taqṣīr (hair trimming)
6. Makkah - 10 Dhul-Ḥijjah
 - Ṭawāf al-Ifāḍah
 - Sa'y between aṣ-Ṣafā and al-Marwah
7. Minā - 11, 12 (and 13) Dhul-Ḥijjah
 - Ramy (throw pebbles at the 3 jamarāt)
8. Makkah - last day
 - Ṭawāf al-Wadā' (Farewell Ṭawāf)

Hajj Summary

1 - Ihṛām

- Assume Ihṛām from a mīqāt or your residence if you are in Makkah
- Clean yourself and take a shower (ghusl)
- Put on two Ihṛām garments & flip-flops/sandals
- Pray two rak'ahs or a prescribed salah
- Make intention and say "labbayka Allāhumma Ḥajjā"
- Recite talbiyah
- Go to Minā

2 - Minā - 8th

- Arrive in Minā the morning of the 8th of Dhul-Ḥijjah
- Spend the day and night there
- Pray Ṣuḥr, 'Asr, Maghrib, 'Ishā and Fajr in their time with qasr
- Leave Minā for 'Arafah after sunrise (on the 9th)

3 - Day of 'Arafah - 9th

- Arrive in 'Arafah before or around Ṣuḥr time on the 9th of Dhul-Ḥijjah
- Pray Ṣuḥr and 'Asr combined with qasr early in the time of Ṣuḥr
- Spend the day in supplication and remembrance of Allāh
- Leave 'Arafah for Muzdalifah after sunset

4 - Muzdalifah - 10th

- Arrive in Muzdalifah at night
- Pray Maghrib and 'Ishā combined with qasr
- Sleep until Fajr
- Pray Fajr early in its time & then make dhikr
- Leave Muzdalifah for Minā shortly before sunrise

5 - Minā - 10th

- Arrive in Minā in the morning
- Go to Jamrat al-‘Aqabah and stone it with seven pebbles
- Slaughter your animal
- Shave or trim off your hair
- First taḥallul: Take off iḥrām towels. All restrictions are lifted except sexual intercourse
- Take a shower and put on normal clothes
- Go to Makkah for ṭawāf al-ifāḍah and sa’y

6 - Makkah - 10th

- Proceed to al-Masjid al-Ḥarām
- Perform ṭawāf al-ifāḍah
- Perform sa’y
- Full taḥallul: All restrictions lifted
- Go back to Minā

7 - Minā - 11th, 12th & 13th

- Spend the days of tashrīq and their nights in Minā
- Stone the three jamarāt every day between Ṣuḥr and Maghrib
- You may leave on the 12th after stoning and before sunrise if you wish

8 - Makkah – Last Day

- Perform Ṭawāf al-Wadā‘ (Farewell Ṭawāf)
- Make it the last thing you do in Makkah

Pillars and Obligatory Acts

Pillars are necessary acts of ḥajj and ‘umrah. They have to be fulfilled or else the ḥajj or ‘umrah are invalid. There is no way to compensate for a missed pillar.

Obligatory Acts of ḥajj and ‘umrah are mandatory acts that have to be performed as well, but if they are missed for any reason then an animal sacrifice is required to compensate for each missed obligatory act.

Pillars and Obligatory Acts of Ḥajj

Pillars of Ḥajj

- (1) Ihṛām
- (2) Standing in ‘Arafah
- (3) Ṭawāf al-Ifāḍah
- (4) Sa‘y between aṣ-Ṣafā and al-Marwah

Obligatory Acts of Ḥajj

- (1) Ihṛām from the mīqāt
- (2) Standing in ‘Arafah until after sunset for the one who stood during the day (afternoon)
- (3) Spending one night in Muzdalifah (after ‘Arafah)
- (4) Staying overnight in Minā during the days of tashrīq
- (5) Stoning the jamarāt, and in order
- (6) Shaving head or cutting hair short (ḥalq or taqṣīr)
- (7) Ṭawāf al-Wadā‘ (farewell)

Pillars and Obligatory Acts of ‘Umrah

Pillars of ‘Umrah

- (1) Ihṛām
- (2) Ṭawāf
- (3) Sa‘y between aṣ-Ṣafā and al-Marwah

Obligatory Acts of ‘Umrah

- (1) Ihṛām from outside the Ḥaram of Makkah
- (2) Shaving head or cutting hair short (ḥalq or taqṣīr)

Pitfalls of Iḥrām

- Crossing the mīqāt without iḥrām. This violates a wājib and requires an animal sacrifice.
- Thinking that iḥrām is putting the two towels. Making the intention of ḥajj or ‘umrah or both is the essence of iḥrām.
- Thinking that the two Rak‘ahs before iḥrām are a condition to iḥrām or a wājib. Iḥrām is valid even without any ṣalah.
- Thinking that ghusl (shower) or Wudū’ is a condition of iḥrām. It is a sunnah, and iḥrām is valid without it.
- Uncovering the right shoulder (iḍṭībā‘) at the mīqāt and during all the ḥajj and ‘umrah. Iḍṭībā‘ is a sunnah during the Ṭawāf of arrival ONLY.
- Thinking that anything that has stitches is forbidden for men to wear during iḥrām. Only sewn clothes made to fit the limbs are forbidden for men. Slippers, belts and iḥrām towels that have stitches are permissible.
- Women in their menses thinking that they cannot assume iḥrām and pass the mīqāt without iḥrām. The only ritual a woman in her menses cannot perform is ṭawāf.
- Women thinking that iḥrām requires particular clothes or white clothes. The only iḥrām requirement for women is to uncover their face and hands.
- Starting a ḥajj or ‘umrah and quitting before completing it. After iḥrām is made the ḥajj or ‘umrah **must** be completed, regardless of whether it’s the farḍ ḥajj or nafl (optional).

Pitfalls of Sa‘y

- Raising the hands upon aṣ-Ṣafā and al-Marwa as in ṣalah. The sunnah is to raise them as in du‘ā facing the Qiblah.
- Jogging all the way between aṣ-Ṣafā and al-Marwa. The sunnah is for men to jog in the green-light area only.
- Reciting the ‘Āyah [2,158] in every lap when approaching aṣ-Ṣafā or al-Marwa. The sunnah is to recite it only once when reaching the foot of aṣ-Ṣafā at the beginning of sa‘y.

- Some pilgrims think that a lap (Shawṭ) is going from aṣ-Ṣafā to al-Marwa and coming back to aṣ-Ṣafā. That's two laps.
- Reciting a particular du'ā for every lap as found in some du'ā booklets. There is no such a thing in the sunnah of the Prophet ﷺ.

Pitfalls Related to 'Arafah

- Fasting the Day of 'Arafah. The sunnah for the pilgrim is not to fast that day.
- Leaving 'Arafah before sunset. Staying until after sunset is a wājib (or even a Rukn according to Imam Malik).
- Standing outside the limits of 'Arafah. This invalidates the Rukn and hence the whole ḥajj.
- Ascending the Mount of 'Arafah (commonly called Mount of Mercy) or facing it during du'ā thinking that it has some merit.
- Wasting time in sleeping, around food, in idle talk or wandering around for no purpose. The Day of 'Arafah is probably the best day of your life, do NOT waste it in anything other than du'ā and dhikr of Allah ﷻ.

Pitfalls Related to Muzdalifah

- Delaying Maghrib and 'Ishā prayers until after the middle of the night. The sunnah is to delay Maghrib and pray it with 'Ishā in Muzdalifah if one reaches Muzdalifah before the middle of the night. Otherwise it should be prayed anywhere within the time of 'Isha. 'Abdullāh Ibn 'Amr reported that the Prophet ﷺ said: "... and the time of the 'Isha prayer lasts until the middle of the night ..." [Muslim]
- Spending the night outside of the limits of Muzdalifah. Staying the night within Muzdalifah is a wājib.
- Thinking that the pebbles have to be collected from Muzdalifah. They can be collected from anywhere. However, it is more practical to collect them in Muzdalifah.
- Leaving Muzdalifah before Fajr for fear of the crowd. The Prophet ﷺ gave permission to women and the weak only.
- Staying in Muzdalifah until after sunrise. The sunnah is to leave close to sunrise (right before). Leaving after sunrise was a practice of the pre-Islamic period of jāhiliyyah.

Pitfalls of Ramy (pelting)

- Performing the Ramy during the Days of Tashrīq before zawāl (midday). The Prophet ﷺ did the Ramy in all three days after zawāl. It is permissible to delay it until after ‘Asr or even to the night if it’s too crowded.
- Throwing the pebbles all at once. They have to be thrown one by one.
- Thinking that the pebble has to hit the post or the wall. It is sufficient to cast the pebble into the circled area.
- Putting the pebbles into the circled area without casting. They have to be pelted.
- Casting more than seven pebbles. In matters of ‘ibādah (worship) prescribed numbers are to strictly be observed.
- Pushing and shoving. Stay calm as much as possible and do not hurt anyone while performing the Ramy.
- Throwing objects other than small pebbles, like shoes, sticks, umbrellas and large rocks. Do not pelt with anything other than small pebbles.
- Making Tawkīl (deputizing) in Ramy without a valid reason (like illness). A wājib is missed in doing so and therefore an animal sacrifice is due.

Pitfalls Related to Minā

- Spending the days of Minā and their nights outside of Minā (like in Makkah). Permission is given only to those with a valid reason (like caring for the sick or someone who cannot afford staying in Minā). Otherwise a wājib is missed.
- Some pilgrims go to Makkah to perform Ṭawāf al-Wadā‘ and return to Minā to do the Ramy. Ṭawāf al-Wadā‘ (not the Ramy) must be the last act of ḥajj.
- Leaving Minā before the 12th of Dhul-Ḥijjah. Pilgrims can leave Minā only on the 12th after performing Ramy of the three Jamarāt, or on the 13th after Ramy as well.

Glossary of Ḥajj and ‘Umrah

Aḥādīth	أحاديث	Plural for ḥadīth (حديث).
(Jamrat) al-‘Aqabah	جمرة العقبه	The 3 rd station of stoning in Minā. The last one coming from Muzdalifah.
‘Arafah/‘Arafāt	عرفة / عرفات	Name of the area located 7.6 miles (12km) from Minā, where the pilgrims spend the 9 th of Dhul-Ḥijjah: the main pillar of ḥajj.
Aswad	أسود	Black.
Ashwāṭ	أشواط	Plural of shawṭ. Circuits of ṭawāf or laps of sa‘y.
‘Awrah	عورة	Parts of the body that must be covered.
Āyāt	آيات	Plural for Āyah (آية) (verse from Qur’ān).
Ayyām	أيام	Days. Plural of yawm (day).
‘Azīziyah	العزيرة	City next to Minā. ‘Azīziyah is not part of Minā and is not a site of ḥajj. But it is part of the Ḥaram of Makkah.
Barakah	بركة	Blessings of Allāh.
Baqī‘	البقيع	Graveyard of Madīnah, close to the Prophet’s Masjid, where most of the companions of the Prophet ﷺ are buried.
Dhātu ‘Irq	ذات عرق	Mīqāt of the people of (and those coming from) ‘Irāq.
Dhikr	ذِكْر	Remembrance of Allāh and mentioning His name and attributes in ‘ibādah.
Dhul-Ḥulayfah	ذو الحليفة	Mīqāt of the people of (and those coming through) Madīnah.

Du‘ā	دعاء	Supplication, invocation.
Damm	دم	Blood. The sacrifice of a sheep, goat, etc., in order to compensate for failing to perform an obligatory act of ḥajj or ‘umrah.
Dhul-Ḥijjah	ذو الحجة	The 12 th month of the Islamic (Hijra) calendar.
Dhul-Qi‘dah	ذو القعدة	The 11 th month of the Islamic (Hijra) calendar.
‘Eid al-Aḍḥā	عيد الأضحي	The 10 th of Dhul-Ḥijjah. The day of celebration after the day of ‘Arafah.
Fidyah	فدية	Fidyah is expiation for missing an obligatory act of ḥajj or ‘umrah. In this case it is an animal sacrifice. Fidyah is also expiation for violating any of the prohibitions of iḥrām. In this case it is either fasting 3 days OR feeding 6 needy people OR sacrificing a sheep or a goat.
Ghusl	غسل	Taking a bath in a special ceremonial way.
Ghurūb	غروب	Sunset.
Hady	هدي	The sacrifice (sheep, goat, etc.) for the Tamattu‘ and Qirān pilgrims.
al-Ḥajar al-‘Aswad	الحجر الأسود	The Black Stone implanted in the corner of the Ka‘bah.
Ḥalq	الحلق	Shaving one's hair.
Ḥarām	حرام	Forbidden, prohibited, sacred.

Ḥaram of Makkah	حرم مكة	The sanctuary of Makkah. The masjid in Makkah around the Ka‘bah (al-Masjid al-Ḥarām) is commonly referred to as al-Ḥaram.
Ḥaram of Madīnah	حرم المدينة	The sanctuary of Madīnah. The masjid in Madīnah (al-Masjid an-Nabawiy) is sometimes referred to as al-Ḥaram as well.
Al-Ḥaṭīm	الحطيم	See “Ḥijr al-Ka‘bah.”
Ḥijr al-Ka‘bah	حجر الكعبة	The area adjacent to the Ka‘bah on its northwest side, enclosed by a low semi-circular wall. Also called al-Ḥaṭīm. 10 feet of al-Ḥaṭīm is part of the Ka‘bah.
Idṭībā‘	الإضطباع	Uncovering the right shoulder (for men) during Ṭawāf al-Qudūm.
Ifrād	الأفراد	One of the three kinds of ḥajj. Ifrād is ḥajj only, without ‘umrah.
Iḥrām	الإحرام	The state of ritual consecration. The ceremonial state of starting ‘umrah or ḥajj. Traditionally, the garments of iḥrām themselves are called iḥrām.
Istilām	الإستلام	Touching the Black Stone or the Yamānī corner with the hand.
Jabal ‘Arafah	جبل عرفة	The mount in ‘Arafah next to which the Prophet ﷺ stood in his ḥajj. People call it “Jabal ar-Raḥmah” (the Mount of Mercy) for no particular reason.
Jam‘	جمع	Another name for Muzdalifah used in some aḥādīth.
Jamrah	جمرة	Singular of jamarāt: the pillars in Minā for stoning, indicating the places where Shayṭān tried to tempt Prophet Ibrāhīm ﷺ.

Jamarāt	الجمرات	Plural for jamrah.
Janāzah	جنازة	The dead.
Jannah	الجنة	Paradise.
Al-Juḥfah	الجحفة	Mīqāt of people of (and those coming from) Sham (Syria, Jordan, Palestine, Lebanon), North Africa and Europe. Al-Juḥfah is ruined. The actual place used now is the small village of Rābigh, a few miles before al-Juḥfah.
Ka'bah	الكعبة	The cubical structure in al-Masjid al-Ḥarām in Makkah, or the sacred place it is built upon.
Kaffārah	كفارة	Expiation.
Khayf	(مسجد) الخشيف	Name of a masjid in Minā where it's reported that seventy prophets performed prayer.
Khuṭbah	خطبة	Lecture, sermon.
Kiswah	كسوة	The cloth that covers the Ka'bah.
Maḥram	مَحْرَم	Husband, or a male relative of a woman whom she is prohibited to marry (father, grandfather, son, grandson, brother, uncle, nephew). A woman has to be accompanied by a mahram to travel for ḥajj & 'umrah.
Manāsik	مناسك	Rites of ḥajj & 'umrah. Plural of mansak.
Mansak	منسك	A rite of ḥajj or 'umrah, such as ṭawāf, ramy, and sa'y.
Maqāmu Ibrāhīm	مقام إبراهيم	The station where Prophet Ibrāhīm ﷺ stood while building the Ka'bah.

al-Marwah	المروة	The hill where the sa'y ends.
Mas'ā	المسعى	The stretch between aṣ-Ṣafā and al-Marwah.
Al-Mash'ar al-Ḥarām	المشعر الحرام	The small hill in Muzdalifah where the Prophet ﷺ stood after Fajr prayer on the 10 th of Dhul-Ḥijjah. Now there is a masjid in that location with the same name. Muzdalifah is also called al-Mash'ar al-Ḥarām by extension, since the Prophet ﷺ mentioned that "I stood here and all of Jam' (i.e. Muzdalifah) is place for standing."
Al-Masjid al-Ḥarām	المسجد الحرام	The Masjid around the Ka'bah in Makkah.
Al-Masjid an-Nabawiy	المسجد النبوي	Masjid of the Prophet ﷺ in Madīnah.
Mīqāt	ميقات	Boundary of the area around Makkah, which a pilgrim should not pass without being in iḥrām. Plural is mawāqīt.
Miḥrāb	محراب	The place where the Imam stands while leading prayer.
Minbar	منبر	The place where the Imam stands while delivering a khuṭbah (sermon).
Minā	منى	One of the ḥajj ceremonial sites, 5km/3miles from al-Majid al-Ḥarām in Makkah.
Mu'akkadah	مؤكدة	Strongly recommended. Usually refers to a sunnah of the Prophet ﷺ.

Muḥassir	(وادي) محسر	Valley between Minā and Muzdalifah, about 50 meters wide, where the army of elephants led by Abraha from Yemen was destroyed the year the Prophet ﷺ was born. The sunnah is to pass this valley quickly.
Muḥrim	مُحْرَم	A person in iḥrām.
al-Multazam	الملتزم	The part of the Ka'bah (about 6.5 feet) between its door and the Black Stone Corner. Du'ā is accepted at this place. It is Sunnah to cling to the wall of the Ka'bah at the Multazam and supplicate Allah.
Mustaḥab	مستحب	Desirable (act).
Mutamatti'	متمتع	A pilgrim performing the tamattu' kind of ḥajj.
Muzdalifah	مزدلفة	One of the ḥajj ceremonial sites, between Minā and 'Arafah, adjacent to Minā.
Namirah	(مسجد) نمرة	The masjid in 'Arafah.
Nafl	نفل	Optional (voluntary).
Nafrah	النفرة	Process of pilgrims departing from 'Arafah on the 9 th of Dhul-Ḥijjah.
Naḥr	النحر	Slaughtering of an animal such as on the 10 th of Dhul-Ḥijjah.
Niqāb	نقاب	Face covering for women.
Niyah	نية	Intention.
Niyāt	نيات	Plural for niyah.

Qarn al-Manāzil	قرن المنازل	Mīqāt of people coming from the east: Najd (Riyāḍ, etc.), UAE, etc.
Qasr	قصر	Shortening salah from 4 to 2 rak'ahs during travel.
Qaswā'	القصواء	Name of the camel of the Prophet ﷺ.
Qiblah	القبلة	The direction of prayer for Muslims.
Qiblatayn	(مسجد) القبليتين	Name of the masjid in Madīnah where a group of Muslims turned towards Makkah in the middle of salah when a companion informed them about the revelation of the new ruling.
Qirān	القران	One of the three kinds of ḥajj where ḥajj and 'umrah are combined without coming out of iḥrām after 'umrah.
Qārin	قارن	Pilgrim who performs the Qirān form of ḥajj.
Qubā'	قباء	The name of a masjid in Madīnah. It is the first masjid established by the Prophet ﷺ in Madīnah after Hijra. The sunnah of the Prophet ﷺ is to go to this masjid on Saturday morning and pray two rak'ahs, the reward of which is equal to that of a 'umrah.
Rak'ah	ركعة	A unit of prayer.
Raka'āt (or Rak'ahs)	ركعات	Plural for rak'ah.
Ramal	رَمَل	A brisk walking in the first three rounds of Ṭawāf al-Qudūm.
Ridā'	رداء	The upper cloth of the iḥrām garments.
Ramy	رَمَى	Stoning of the jamarāt.

Rukn	ركن	Important pillar. Omitting a pillar invalidates the ḥajj with no possibility of expiation.
ar-Rukn al-Yamānī	الركن اليماني	The corner of the Ka'bah which faces Yemen (South).
Sa'y	السعي	The walk made between aṣ-Ṣafā and al-Marwah.
Sadaqah	صدقة	Charity.
aṣ-Ṣafā	الصفاء	The hill where you start your sa'y.
Shurūq	شروق	Sunrise.
(Jamrah) Sughrā	الجمرة الصغرى	The first place for stoning in Minā. The first one coming from Muzdalifah.
Sujūd	سجود	Prostration in salah.
Sunnah	سنة	Way of the Prophet ﷺ. A particular act or saying of the Prophet ﷺ.
Surah	سورة	A chapter of the Qur'ān.
Shawwāl	شوال	The 10 th month of the Islamic (Hijra) calendar.
Shawṭ	شوط	One circuit of ṭawāf around the Ka'bah, or one lap of sa'y between aṣ-Ṣafā and al-Marwah.
at-Taḥallul al-Akbar	التحلل الأكبر	The complete relief from the state of iḥrām where all the restrictions of iḥrām are lifted.
at-Taḥallul al-Aṣghar	التحلل الأصغر	The partial relief from the state of iḥrām where all restrictions of iḥrām are lifted with the exception of sexual intercourse.
Tahlīl	تهليل	Saying “La ilāha illā Allāh” (there is no god but Allāh).

Taḥmīd	تحميد	Saying "Al-hamdu lillāh" (praise be to Allāh).
Takbīr	تكبير	Saying "Allāhu Akbar" (Allāh is Great).
Talbiyah	تلبية	The supplication one recites once in iḥrām and having made the intention.
Tamattu‘	التمتع	One of the three kinds of ḥajj where ḥajj is performed with a separate ‘umrah preceding it (in two separate iḥrāms).
at-Tan‘īm	التنعيم	Boundary of the Ḥaram of Makkah, situated 4.6 miles (7.4km) north of Makkah. Also called Masjid ‘Āisha.
Taqṣīr	التقصير	Cutting hair short at the completion of ḥajj and ‘umrah. For men this is an alternative (less rewarding) option for Ḥalq (head shaving). For women this is the only way, and consists of cutting the length of a finger-tip from the extremities of their hair.
Tarwiyah	التروية	Quenching (The 8 th day of Dhul-Ḥijjah).
Tashrīq	التشريق	Drying of meat during the days of Minā (11 th , 12 th and 13 th of Dhul-Ḥijjah).
Ṭawāf	طواف	Circumambulation of the Ka‘bah.
Ṭawāf al-Ḥajj	طواف الحج	Same as Ṭawāf al-Ifāḍah.
Ṭawāf al-Ifāḍah	طواف الإفاضة	Ṭawāf for ḥajj (one of the four pillars of ḥajj).
Ṭawāf an-Nafl	طواف النفل	Voluntary ṭawāf.
Ṭawāf al-Qudūm	طواف القدوم	Ṭawāf of Arrival, performed when first arriving in Makkah either for ḥajj.
Ṭawāf al-Widā‘ / al-Wadā‘	طواف الوداع	Farewell Ṭawāf (a wājib of ḥajj).

Ṭawāf az-Ziyārah	طواف الزيارة	Same as Ṭawāf al-Ifāḍah.
‘Umrah	عمرة	Minor ḥajj, consisting of iḥrām, ṭawāf, sa’y, and Ḥalq or Taqṣīr.
Uḍḥiyah	أضحية	Animal sacrifice on the day of Eid al-Aḍḥā.
‘Uranah	(وادي) عرنة	River valley bordering ‘Arafah on the west side. It is not part of ‘Arafah.
Wājib	واجب	Obligatory, requisite. Omission of a wājib in ḥajj or ‘umrah requires an animal sacrifice.
Wājibāt	واجبات	Plural of wājib.
Wudū’	وضوء	Ablution. A prescribed method of washing to prepare for salah (prayer).
Wuqūf	وقوف	Standing/staying (in ‘Arafah on the 9 th of Dhul-Ḥijjah).
(al-Jamrah) al-Wuṣṭā	الحجرة الوسطى	The middle station for stoning at Minā.
Yalamlam	يلملم	Mīqāt of the people of (and those coming from) Yemen.
Yawm	يوم	Day.
Zamzam	زمزم	The sacred well inside al-Masjid al-Ḥarām in Makkah. The water from it is commonly known as Zamzam.
Zawāl	الزوال	When the sun moves from its zenith (midday).
Ziyārah	زيارة	Visit. Usually refers to visiting Madīnah.

Du‘ā from the Qur’ān

﴿وقال ربكم ادعوني أستجب لكم﴾

<p>Say, O Allāh, Owner of Sovereignty, You give sovereignty to whom You will and You take sovereignty away from whom You will. You honor whom You will and You humble whom You will. In Your hand is [all] good. Indeed, You are over all things competent. (3:26) You cause the night to enter the day, and You cause the day to enter the night; and You bring the living out of the dead, and You bring the dead out of the living. And You give provision to whom You will without account. (3:27)</p>	<p>قُلِ اللَّهُمَّ مَالِكُ الْمُلْكِ تُؤْتِي الْمُلْكَ مَنْ تَشَاءُ وَتَنْزِعُ الْمُلْكَ مِمَّنْ تَشَاءُ وَتُعِزُّ مَنْ تَشَاءُ وَتُذِلُّ مَنْ تَشَاءُ ۚ بِيَدِكَ الْخَيْرُ ۚ إِنَّكَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ ﴿3:26﴾ تُولِجُ اللَّيْلَ فِي النَّهَارِ وَتُولِجُ النَّهَارَ فِي اللَّيْلِ ۚ وَتُخْرِجُ الْحَيَّ مِنَ الْمَيِّتِ وَتُخْرِجُ الْمَيِّتَ مِنَ الْحَيِّ ۚ وَتَرْزُقُ مَنْ تَشَاءُ بِغَيْرِ حِسَابٍ ﴿3:27﴾</p>
<p>Our Lord, surely You will gather the people for a Day about which there is no doubt. Indeed, Allāh does not fail in His promise. (3:9)</p>	<p>رَبَّنَا إِنَّكَ جَامِعُ النَّاسِ لِيَوْمٍ لَا رَيْبَ فِيهِ ۚ إِنَّ اللَّهَ لَا يُخْلِفُ الْمِيعَادَ ﴿3:9﴾</p>
<p>Our Lord, indeed You know what we conceal and what we declare, and nothing is hidden from Allāh on the earth or in the heaven. (14:38)</p>	<p>رَبَّنَا إِنَّكَ تَعْلَمُ مَا نُخْفِي وَمَا نُعْلِنُ ۚ وَمَا يَخْفَى عَلَى اللَّهِ مِنْ شَيْءٍ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ ﴿14:38﴾</p>
<p>Our Lord, upon You we have relied, and to You we have returned, and to You is the destination. (60:4)</p>	<p>رَبَّنَا عَلَيْكَ تَوَكَّلْنَا وَإِلَيْكَ أَنَبْنَا وَإِلَيْكَ الْمَصِيرُ ﴿60:4﴾</p>
<p>Then, to Allāh belongs [all] praise - Lord of the heavens and Lord of the earth, Lord of the worlds. (45:36)</p>	<p>فَلِلَّهِ الْحَمْدُ رَبِّ السَّمَاوَاتِ وَرَبِّ الْأَرْضِ رَبِّ الْعَالَمِينَ ﴿45:36﴾</p>

Our Lord, give us in this world [that which is] good and in the Hereafter [that which is] good and protect us from the punishment of the Fire. (2:201)	... رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ ﴿2:201﴾
Our Lord, let not our hearts deviate after You have guided us and grant us from Yourself mercy. Indeed, You are the Bestower. (3:8)	رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِنْ لَدُنْكَ رَحْمَةً ۚ إِنَّكَ أَنْتَ الْوَهَّابُ ﴿3:8﴾
Our Lord, grant us from Yourself mercy and prepare for us from our affair right guidance. (18:10)	رَبَّنَا آتِنَا مِنْ لَدُنْكَ رَحْمَةً وَهَيِّئْ لَنَا مِنْ أَمْرِنَا رَشَدًا ﴿18:10﴾
Our Lord, we have believed, so register us among the witnesses. (5:83)	رَبَّنَا آمَنَّا فَاكْتُبْنَا مَعَ الشَّاهِدِينَ ﴿5:83﴾
Our Lord, we have believed in what You revealed and have followed the messenger Jesus, so register us among the witnesses [to truth]. (3:53)	رَبَّنَا آمَنَّا بِمَا أَنْزَلْتَ وَاتَّبَعْنَا الرَّسُولَ فَاكْتُبْنَا مَعَ الشَّاهِدِينَ ﴿3:53﴾
Our Lord, pour upon us patience and plant firmly our feet and give us victory over the disbelieving people. (2:250)	رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَثَبِّتْ أَقْدَامَنَا وَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ ﴿2:250﴾
Our Lord, pour upon us patience and let us die as Muslims [in submission to You]. (7:126)	رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَتَوَقَّأْ مُسْلِمِينَ ﴿7:126﴾
Our Lord, do not place us with the wrongdoing people. (7:47)	رَبَّنَا لَا تَجْعَلْنَا مَعَ الْقَوْمِ الظَّالِمِينَ ﴿7:47﴾
Our Lord, make us not [objects of] trial for the wrongdoing people (10:85) And save us by Your mercy from the disbelieving people. (10:86)	رَبَّنَا لَا تَجْعَلْنَا فِتْنَةً لِّلْقَوْمِ الظَّالِمِينَ ﴿10:85﴾ وَنَجِّنَا بِرَحْمَتِكَ مِنَ الْقَوْمِ الْكَافِرِينَ ﴿10:86﴾

Our Lord, decide between us and our people in truth, and You are the best of those who give decision. (7:89)	رَبَّنَا افْتَحْ بَيْنَنَا وَبَيْنَ قَوْمِنَا بِالْحَقِّ وَأَنْتَ خَيْرُ الْفَاتِحِينَ ﴿7:89﴾
(Our Lord,) appoint for us from Yourself a protector and appoint for us from Yourself a helper. (4:75)	(رَبَّنَا) اجْعَلْ لَنَا مِنْ لَدُنْكَ وَلِيًّا وَاجْعَلْ لَنَا مِنْ لَدُنْكَ نَصِيرًا ﴿4:75﴾
Our Lord, avert from us the punishment of Hell. Indeed, its punishment is ever adhering; (25:65) Indeed, it is evil as a settlement and residence. (25:66)	رَبَّنَا اصْرِفْ عَنَّا عَذَابَ جَهَنَّمَ ۚ إِنَّ عَذَابَهَا كَانَ غَرَامًا ﴿25:65﴾ إِنَّهَا سَاءَتْ مُسْتَقَرًّا وَمُقَامًا ﴿25:66﴾

There is no deity except You; exalted are You. Indeed, I have been of the wrongdoers. (21:87)	لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ ﴿21:87﴾
My Lord, indeed I have wronged myself, so forgive me. (28:16)	رَبِّ إِنِّي ظَلَمْتُ نَفْسِي—فَاغْفِرْ لِي ﴿28:16﴾
Our Lord, we have wronged ourselves, and if You do not forgive us and have mercy upon us, we will surely be among the losers. (7:23)	رَبَّنَا ظَلَمْنَا أَنْفُسَنَا وَإِنْ لَمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخَاسِرِينَ ﴿7:23﴾
Our Lord, forgive us our sins and the excess [committed] in our affairs and plant firmly our feet and give us victory over the disbelieving people. (3:147)	رَبَّنَا اغْفِرْ لَنَا ذُنُوبَنَا وَإِسْرَافَنَا فِي أَمْرِنَا وَثَبِّتْ أَقْدَامَنَا وَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ ﴿3:147﴾

Our Lord, do not impose blame upon us if we have forgotten or erred. Our Lord, and lay not upon us a burden like that which You laid upon those before us. Our Lord, and burden us not with that which we have no ability to bear. And pardon us; and forgive us; and have mercy upon us. You are our protector, so give us victory over the disbelieving people. (2:286)	رَبَّنَا لَا تُؤَاخِذْنَا إِن نَّسِينَا أَوْ أَخْطَأْنَا ۖ رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إَصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِن قَبْلِنَا ۚ رَبَّنَا وَلَا تَحْمِلْنَا مَا لَا طَاقَةَ لَنَا بِهِ ۖ وَاعْفُ عَنَّا وَاعْفِرْ لَنَا وَارْحَمْنَا ۚ أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ ﴿2:286﴾
Our Lord, forgive me and my parents and the believers the Day the account is established. (14:41)	رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ ﴿14:41﴾
My Lord, have mercy upon them as they brought me up [when I was] small. (17:24) (du‘ā for the parents)	رَبِّ ارْحَمْهُمَا كَمَا رَبَّيَانِي صَغِيرًا ﴿17:24﴾
Our Lord, indeed we have believed, so forgive us our sins and protect us from the punishment of the Fire. (3:16)	رَبَّنَا إِنَّا آمَنَّا فَاعْفِرْ لَنَا ذُنُوبَنَا وَقِنَا عَذَابَ النَّارِ ﴿3:16﴾
Our Lord, we have believed, so forgive us and have mercy upon us, and You are the best of the merciful. (23:109)	رَبَّنَا آمَنَّا فَاعْفِرْ لَنَا وَارْحَمْنَا وَأَنْتَ خَيْرُ الرَّاحِمِينَ ﴿23:109﴾
Our Lord, forgive us and our brothers who preceded us in faith and put not in our hearts [any] resentment toward those who have believed. Our Lord, indeed You are Kind and Merciful. (59:10)	رَبَّنَا اغْفِرْ لَنَا وَلِإِخْوَانِنَا الَّذِينَ سَبَقُونَا بِالْإِيمَانِ وَلَا تَجْعَلْ فِي قُلُوبِنَا غِلًّا لِلَّذِينَ آمَنُوا رَبَّنَا إِنَّكَ رَءُوفٌ رَّحِيمٌ ﴿59:10﴾
Our Lord, upon You we have relied, and to You we have returned, and to You is the destination. (60:4) Our Lord, make us not [objects of] torment for the disbelievers and forgive us, our Lord. Indeed, it is You who is the Exalted in Might, the Wise. (60:5)	رَبَّنَا عَلَيْكَ تَوَكَّلْنَا وَإِلَيْكَ أَنَبْنَا وَإِلَيْكَ الْمَصِيرُ ﴿60:4﴾ رَبَّنَا لَا تَجْعَلْنَا فِتْنَةً لِّلَّذِينَ كَفَرُوا وَاعْفِرْ لَنَا رَبَّنَا ۖ إِنَّكَ أَنْتَ الْعَزِيزُ الْحَكِيمُ ﴿60:5﴾

<p>Our Lord, You have encompassed all things in mercy and knowledge, so forgive those who have repented and followed Your way and protect them from the punishment of Hellfire. (40:7) Our Lord, and admit them to gardens of perpetual residence which You have promised them and whoever was righteous among their fathers, their spouses and their offspring. Indeed, it is You who is the Exalted in Might, the Wise. (40:8) And protect them from the evil consequences [of their deeds]. And he whom You protect from evil consequences that Day - You will have given him mercy. And that is the great attainment. (40:9)</p>	<p>رَبَّنَا وَسِعْتَ كُلَّ شَيْءٍ رَّحْمَةً وَعِلْمًا فَاغْفِرْ لِلَّذِينَ تَابُوا وَاتَّبَعُوا سَبِيلَكَ وَقِهِمْ عَذَابَ الْجَحِيمِ ﴿40:7﴾ رَبَّنَا وَأَدْخِلْهُمْ جَنَّاتٍ عَدْنٍ الَّتِي وَعَدْتَهُمْ وَمَنْ صَلَحَ مِنْ آبَائِهِمْ وَأَزْوَاجِهِمْ وَذُرِّيَّاتِهِمْ إِنَّكَ أَنْتَ الْعَزِيزُ الْحَكِيمُ ﴿40:8﴾ وَقِهِمُ السَّيِّئَاتِ وَمَنْ تَقِ السَّيِّئَاتِ يَوْمَئِذٍ فَقَدْ رَحِمْتَهُ ۚ وَذَلِكَ هُوَ الْفَوْزُ الْعَظِيمُ ﴿40:9﴾</p>
<p>Our Lord, perfect for us our light and forgive us. Indeed, You are over all things competent. (66:8)</p>	<p>رَبَّنَا أَتِمِّمْ لَنَا نُورَنَا وَاعْفِرْ لَنَا ۖ إِنَّكَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ ﴿66:8﴾</p>
<p>You are our Protector, so forgive us and have mercy upon us; and You are the best of forgivers. (7:155)</p>	<p>أَنْتَ وَلِيُّنَا فَاغْفِرْ لَنَا وَارْحَمْنَا ۖ وَأَنْتَ خَيْرُ الْغَافِرِينَ ﴿7:155﴾</p>

<p>My Lord, do not leave me alone [with no heir], while you are the best of inheritors. (21:189)</p>	<p>رَبِّ لَا تَذَرْنِي فَرْدًا وَأَنْتَ خَيْرُ الْوَارِثِينَ ﴿21:89﴾</p>
<p>My Lord, grant me from Yourself a good offspring. Indeed, You are the Hearer of supplication. (3:38)</p>	<p>رَبِّ هَبْ لِي مِنْ لَدُنْكَ ذُرِّيَّةً طَيِّبَةً ۖ إِنَّكَ سَمِيعُ الدُّعَاءِ ﴿3:38﴾</p>
<p>My Lord, make me an establisher of prayer, and [many] from my descendants. Our Lord, and accept my supplication. (14:40)</p>	<p>رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي ۖ رَبَّنَا وَتَقَبَّلْ دُعَاءِ ﴿14:40﴾</p>

Our Lord, grant us from among our wives and offspring comfort to our eyes and make us an example for the righteous. (25:74)	<p>رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا ﴿25:74﴾</p>
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My Lord, enable me to be grateful for Your favor which You have bestowed upon me and upon my parents and to work righteousness of which You will approve and make righteous for me my offspring. Indeed, I have repented to You, and indeed, I am of the Muslims. (46:15)	<p>رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي أَنْعَمْتَ عَلَيَّ وَعَلَىٰ وَالِدَيَّ وَأَنْ أَعْمَلَ صَالِحًا تَرْضَاهُ وَأَصْلِحْ لِي فِي ذُرِّيَّتِي ۖ إِنِّي تُبْتُ إِلَيْكَ وَإِنِّي مِنَ الْمُسْلِمِينَ ﴿46:15﴾</p>
My Lord, enable me to be grateful for Your favor which You have bestowed upon me and upon my parents and to do righteousness of which You approve. And admit me by Your mercy into [the ranks of] Your righteous servants. (27:19)	<p>رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي أَنْعَمْتَ عَلَيَّ وَعَلَىٰ وَالِدَيَّ وَأَنْ أَعْمَلَ صَالِحًا تَرْضَاهُ وَأَدْخِلْنِي بِرَحْمَتِكَ فِي عِبَادِكَ الصَّالِحِينَ ﴿27:19﴾</p>
Creator of the heavens and earth, You are my protector in this world and in the Hereafter. Cause me to die a Muslim and join me with the righteous. (12:101)	<p>فَاطِرَ السَّمَاوَاتِ وَالْأَرْضِ أَنْتَ وَلِيِّي فِي الدُّنْيَا وَالْآخِرَةِ ۖ تَوَفَّنِي مُسْلِمًا وَأَلْحِقْنِي بِالصَّالِحِينَ ﴿12:101﴾</p>
My Lord, I seek refuge in You from the incitements of the devils, (23:97) And I seek refuge in You, my Lord, lest they be present with me. (23:98)	<p>رَبِّ أَعُوذُ بِكَ مِنْ هَمَزَاتِ الشَّيَاطِينِ ﴿23:97﴾ وَأَعُوذُ بِكَ رَبِّ أَنْ يَحْضُرُونِ ﴿23:98﴾</p>

My Lord, increase me in knowledge. (20:114)	<p>رَبِّ زِدْنِي عِلْمًا ﴿20:114﴾</p>
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My Lord, let me land at a blessed landing place, and You are the best to accommodate [us]. (23:29)	رَبِّ أَنْزِلْنِي مُنْزَلًا مُبَارَكًا وَأَنْتَ خَيْرُ الْمُنْزِلِينَ ﴿23:29﴾
My Lord, cause me to enter a sound entrance and to exit a sound exit and grant me from Yourself a supporting authority. (17:80)	رَبِّ أَدْخِلْنِي مُدْخَلَ صِدْقٍ وَأَخْرِجْنِي مُخْرَجَ صِدْقٍ وَاجْعَلْ لِي مِنْ لَدُنْكَ سُلْطَانًا نَصِيرًا ﴿17:80﴾
My Lord, expand for me my breast [with assurance] (20:25) And ease for me my task (20:26) And untie the knot from my tongue (20:27) That they may understand my speech. (20:28)	رَبِّ اشْرَحْ لِي صَدْرِي ﴿20:25﴾ وَيَسِّرْ لِي أَمْرِي ﴿20:26﴾ وَاحْلُلْ عُقْدَةً مِنْ لِسَانِي ﴿20:27﴾ يَفْقَهُوا قَوْلِي ﴿20:28﴾
My Lord, grant me authority and join me with the righteous. (26:83) And grant me a reputation of honor among later generations. (26:84) And place me among the inheritors of the Garden of Pleasure. (26:85)	رَبِّ هَبْ لِي حُكْمًا وَأَلْحِقْنِي بِالصَّالِحِينَ ﴿26:83﴾ وَاجْعَلْ لِي لِسَانَ صِدْقٍ فِي الْآخِرِينَ ﴿26:84﴾ وَاجْعَلْنِي مِنْ وَرَثَةِ جَنَّةِ النَّعِيمِ ﴿26:85﴾
And do not disgrace me on the Day they are [all] resurrected (26:87) The Day when there will not benefit [anyone] wealth or children (26:88) But only one who comes to Allāh with a sound heart. (26:89)	وَلَا تُخْزِنِي يَوْمَ يُبْعَثُونَ ﴿26:87﴾ يَوْمَ لَا يَنْفَعُ مَالٌ وَلَا بَنُونَ ﴿26:88﴾ إِلَّا مَنْ آتَى اللَّهَ بِقَلْبٍ سَلِيمٍ ﴿26:89﴾
My Lord, support me against the corrupting people. (29:30)	رَبِّ انصُرْنِي عَلَى الْقَوْمِ الْمُفْسِدِينَ ﴿29:30﴾

(Our Lord, make us among those who remember You and those who reflect on the creation of the heavens and the earth)	(ربنا اجعلنا من الذاكرين لك المتفكرين في خلق السماوات والأرض)
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<p>Our Lord, You did not create this aimlessly; exalted are You [above such a thing]; then protect us from the punishment of the Fire. (3:191) Our Lord, indeed whoever You admit to the Fire - You have disgraced him, and for the wrongdoers there are no helpers. (3:192) Our Lord, indeed we have heard a caller calling to faith, [saying], 'Believe in your Lord,' and we have believed. Our Lord, so forgive us our sins and remove from us our misdeeds and cause us to die with the righteous. (3:193) Our Lord, and grant us what You promised us through Your messengers and do not disgrace us on the Day of Resurrection. Indeed, You do not fail in [Your] promise. (3:194)</p>	<p>رَبَّنَا مَا خَلَقْتَ هَذَا بَاطِلًا سُبْحَانَكَ فَقِنَا عَذَابَ النَّارِ ﴿3:191﴾ رَبَّنَا إِنَّكَ مَن تُدْخِلُ النَّارَ فَقَدْ أَخْرَجْتَهُ ۙ وَمَا لِلظَّالِمِينَ مِنْ أَنْصَارٍ ﴿3:192﴾ رَبَّنَا إِنَّنَا سَمِعْنَا مُنَادِيًا يُنَادِي لِلْإِيمَانِ أَنْ آمِنُوا بِرَبِّكُمْ فَأَمَنَّا ۙ رَبَّنَا فَأَغْفِرْ لَنَا ذُنُوبَنَا وَكَفِّرْ عَنَّا سَيِّئَاتِنَا وَتَوَقَّنَا مَعَ الْأَبْرَارِ ﴿3:193﴾ رَبَّنَا وَآتِنَا مَا وَعَدْتَنَا عَلَىٰ رُسُلِكَ وَلَا تُخْزِنَا يَوْمَ الْقِيَامَةِ ۚ إِنَّكَ لَا تُخْلِفُ الْمِيعَادَ ﴿3:194﴾</p>
<p>We hear and we obey. [We seek] Your forgiveness, our Lord, and to You is the [final] destination. (2:285)</p>	<p>سَمِعْنَا وَأَطَعْنَا ۚ غُفْرَانِكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ ﴿2:285﴾</p>
<p>Our Lord, accept [this] from us. Indeed, You are the Hearing, the Knowing. (2:127)</p>	<p>رَبَّنَا تَقَبَّلْ مِنَّا ۚ إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ ﴿2:127﴾</p>
<p>... and accept our repentance. Indeed, You are the Accepting of repentance, the Merciful. (2:128)</p>	<p>وَتُبَّ عَلَيْنَا ۚ إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ ﴿2:128﴾</p>

<p>Exalted is your Lord, the Lord of might, above what they describe. (37:180) And peace upon the messengers. (37:181) And praise to Allāh, Lord of the worlds. (37:182)</p>	<p>سُبْحَانَ رَبِّكَ رَبِّ الْعِزَّةِ عَمَّا يَصِفُونَ ﴿180﴾ وَسَلَامٌ عَلَى الْمُرْسَلِينَ ﴿181﴾ وَالْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ﴿37:182﴾</p>
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