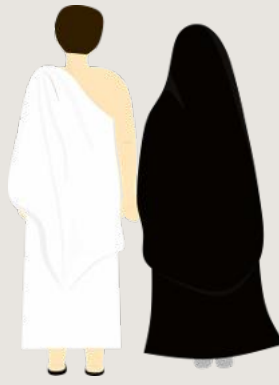


UMRAH

step by step



For More Resources

KEY:



= NECESSARY



= RECOMMENDED

2

IHRAM

Men should wear two white cloths: one around the waist and another over the upper body. Sandals that leave the ankles and instep uncovered are permitted, but all other clothing, including hats and underwear, is not allowed. However, belts are permissible. Women should wear their usual clothes but must leave their face and hands uncovered.

1

TAKE A BATH

Take a bath (or at least perform ablution) before wearing the *ihram*

3

2 RAKA'AT OF IHRAM

Perform 2 raka'at with the intention of *Ihram*

4

MAKE NIYYAH

"O Allah, I intend to perform Umrah" (This can be done in any language)

6

CONTINUE READING TALBIYAH

Constantly utter the *Talbiyah*. Especially after salah, when the morning & evening enters, when descending & when ascending

5

READ TALBIYAH

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ
لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ
إِنَّ الْحَمْدَ وَالنُّعْمَةَ لَكَ وَالْمُلْكُ
لَا شَرِيكَ لَكَ

You are now in the state of *Ihram*

7

ENTER MASJID AL-HARAM & DUA

Enter *Masjid al-Haram* and make dua when you first see the Ka'bah.

8

STOP RECITING TALBIYAH

Stop reciting the *Talbiyah* when you reach the Black Stone.

10

DO IDHTIBA IN ALL 7 ROUNDS

Perform *Idhtiba* (expose the right shoulder) for all seven rounds of *Tawaaf* [for MEN only]. After completing the *Tawaaf* (seven rounds), the right shoulder can be covered again

9

DO TAWAAF

Complete seven rounds around the Ka'bah anticlockwise. Perform *Tawaaf* in a state of purity and on foot (unless you have a valid excuse).

12

DO RAMAL IN THE FIRST 3 ROUNDS

Perform *ramal* (hasten the walking with the chest out) for the first three rounds of *Tawaaf* [for MEN only]



11

ISTIQAAL & ISTILAAM

Start *Tawaaf* from the black stone area/line by performing the following actions:

- **Istiqaal:** Raise your hands to the ears with the palms facing the black stone and recite, "Bismillah, Allahu Akbar."
- **Istilaam:** Raise your hands again to the chest area, with the palms facing the black stone, then kiss the palms and recite, "Bismillah, Allahu Akbar."



13

READ TASBIH, DUAS & QUR'AN

Read different *tasbihaat*, duas (in any language) or Qur'an during *Tawaaf*



14

ISTILAAM

At the end of each round do *Istilaam*.



16

DO ISTILAAM AGAIN

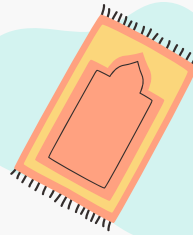
Perform *Istilaam* again and then proceed to *Sa'ee* area



15

2 RAKA'AT OF TAWAAF

After completing the *Tawaaf*, perform two raka'at.



17

DO SA'EE

Perform *Sa'ee*, which consists of seven rounds starting at *Safa* and ending at *Marwa*. This will be done on foot unless you have a valid excuse.



18

DUA

Start *Sa'ee* by ascending *Safa*, face the *Qiblah* & make dua



20

DUA

At each round, stop at Mount *Safa* and Mount *Marwa*, face the *Qiblah*, and make dua



19

BETWEEN THE GREEN LINES, HASTEN

During *Sa'ee*, increase your pace between the green lights [for MEN only]



21

SHAVE OR TRIM THE HAIR

For males, shave (or at least trim) the full head, ensuring that at least a quarter of it is cut.
For females, trim an inch of hair.



UMRAH COMPLETE
DO SHUKR OF ALMIGHTY ALLAH



KEY:



= NECESSARY



= RECOMMENDED