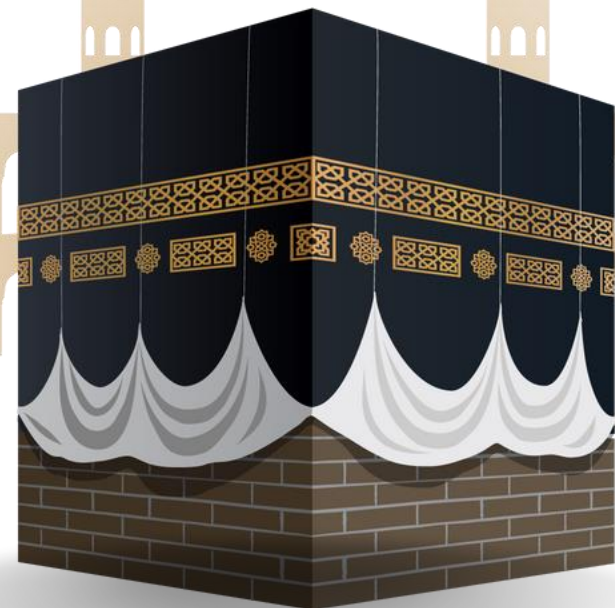


How to

PREPARE FOR UMRAH

وَأْتَمِرُوا لِحَجِّهِمْ وَأُحْرَامِهِمْ
"And perform properly the Hajj and 'Umrah for Allâh."
[al Baqarah 2:196]



Virtues

Allah's Messenger ﷺ said:

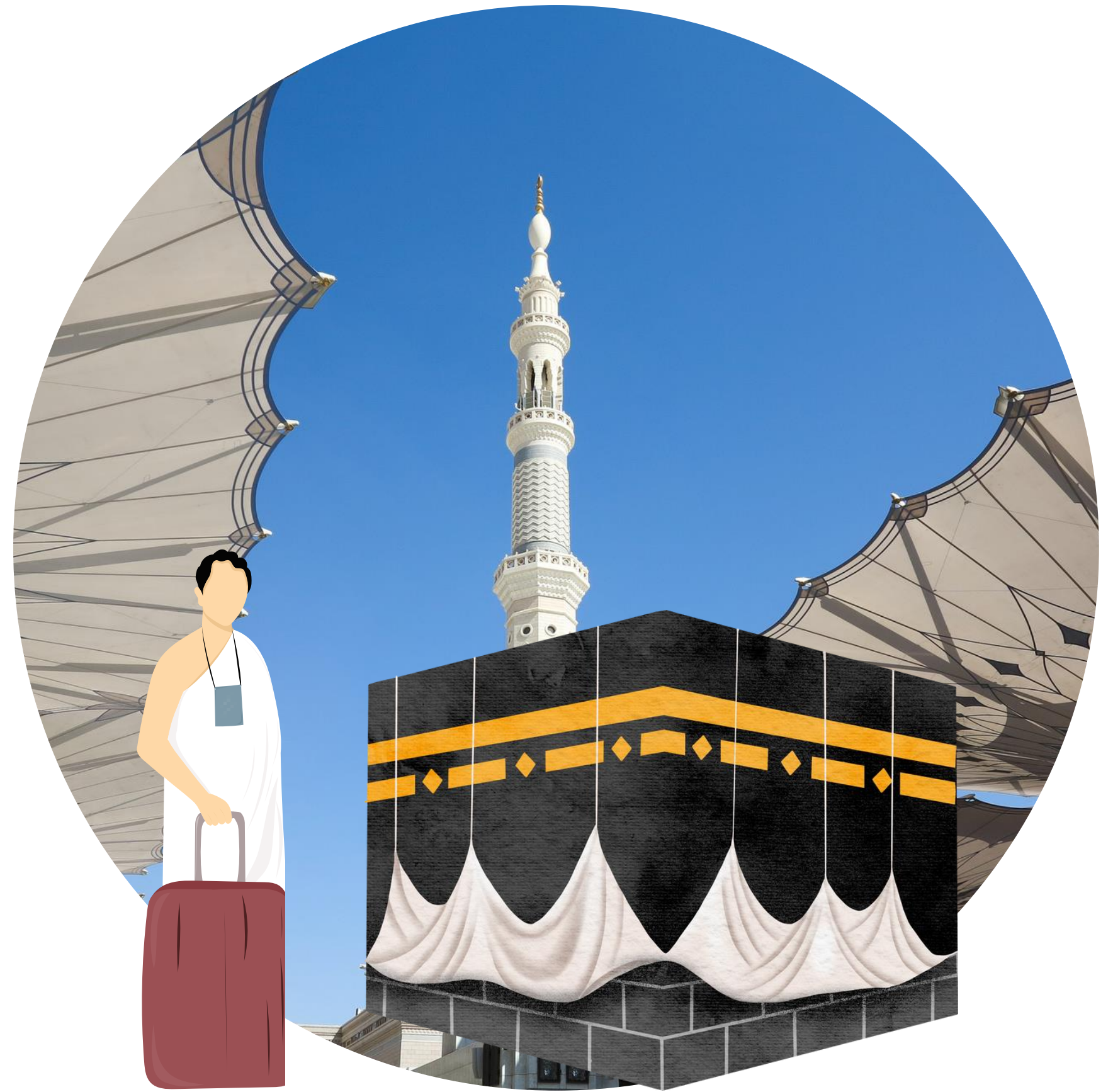
"The **guests of Allah** are 3:

The Ghazi (warrior), the Hajji, and the Mu'tamir. (one doing Umrah)" [Sunan An-Nasai, #2626]

'Perform Hajj and Umrah consecutively; for they **remove poverty and sin** as the bellows removes impurity from iron.'" [Sunan an-Nasa'i #2630]

"Umrah is an **expiation for the sins** committed (between it and the previous one). And the reward of Hajj Mabrur (the one accepted by Allah) is nothing except Paradise." [Sahih al-Bukhari 1773]

"The pilgrims performing Hajj and 'Umrah are a delegation to Allah. If they **call upon Him, He will answer them**; and if they ask for His forgiveness, He will forgive them." [Sunan Ibn Majah 2892]



Journey of the Hearts

Prepare the best provision: Taqwa (consciousness of Allah)



Set clear intentions

- Sincerely for Allah



Keep focused

- Food, friends and shopping can be distractions

Visualise the journey

- Mentally walk through the steps of the Prophets

Strengthen Your Connection with Allah

- Increase your acts of worship – prayers, Qur'an recitation

Make amends

- With family, friends and associates

Prepare to leave

- Clear your debts
- Make your will
- Close off all activities

- **Sabr** – patience & flexibility
- **Shukr** – busy your heart and tongue with Allah's remembrance
- **Dua list** – ask from your heart for cleansing of the past, guidance in the present and protection in the future

Ihram

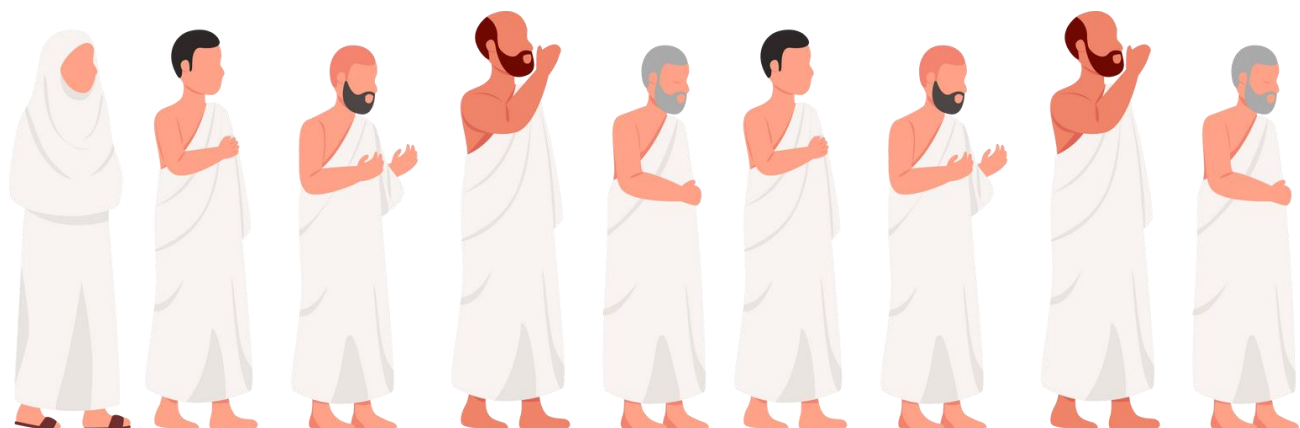
This is a state, not clothing

It is achieved by:

1. Recommended to do ghusl (bath) and perform :
nafl salah
2. Before arriving at the meeqat
3. Wear the two pieces of unstitched cloth (slipper
should be worn leaving middle bone uncovered
4. Make intention Oh Allah, I intend to perform
Umrah so make it easy for me & accept it from me

اللَّهُمَّ إِنِّي أُرِيدُ الْعُمْرَةَ فَيَسِّرْهَا لِي وَتَقَبَّلْهَا مِنِّي

5. Saying the Talbiyah:



After Ihram you CANNOT

- Cut or pluck your hair
- Use perfume or scented items
- Wear any stitched clothes
- Cover your head
- Trimming nails
- Killing an insect (unless it poses a threat to you)
- Smoking or taking drugs
- Engaging in a quarrel or fight
- Engage in sexual intercourse or propose for marriage

You can use:

- A belt to carry personal belongings



Talbiyyah

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ – لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ
إِنَّا الْحَمْدَ وَالنُّعْمَةَ لَكَ وَالْمُلْكَ – لَا شَرِيكَ لَكَ

Labbayka Allahumma Labbayk

Here I am, O Allah! Here I am

Labbayka laa shareeka laka labbayk

Here I am, You have no partner, here I am.

Inna al-hamd wa'l-ni'mata laka
wal-mulk

Certainly, all praise, blessings and
sovereignty belong to You.

Laa shareeka lak

You have no partner

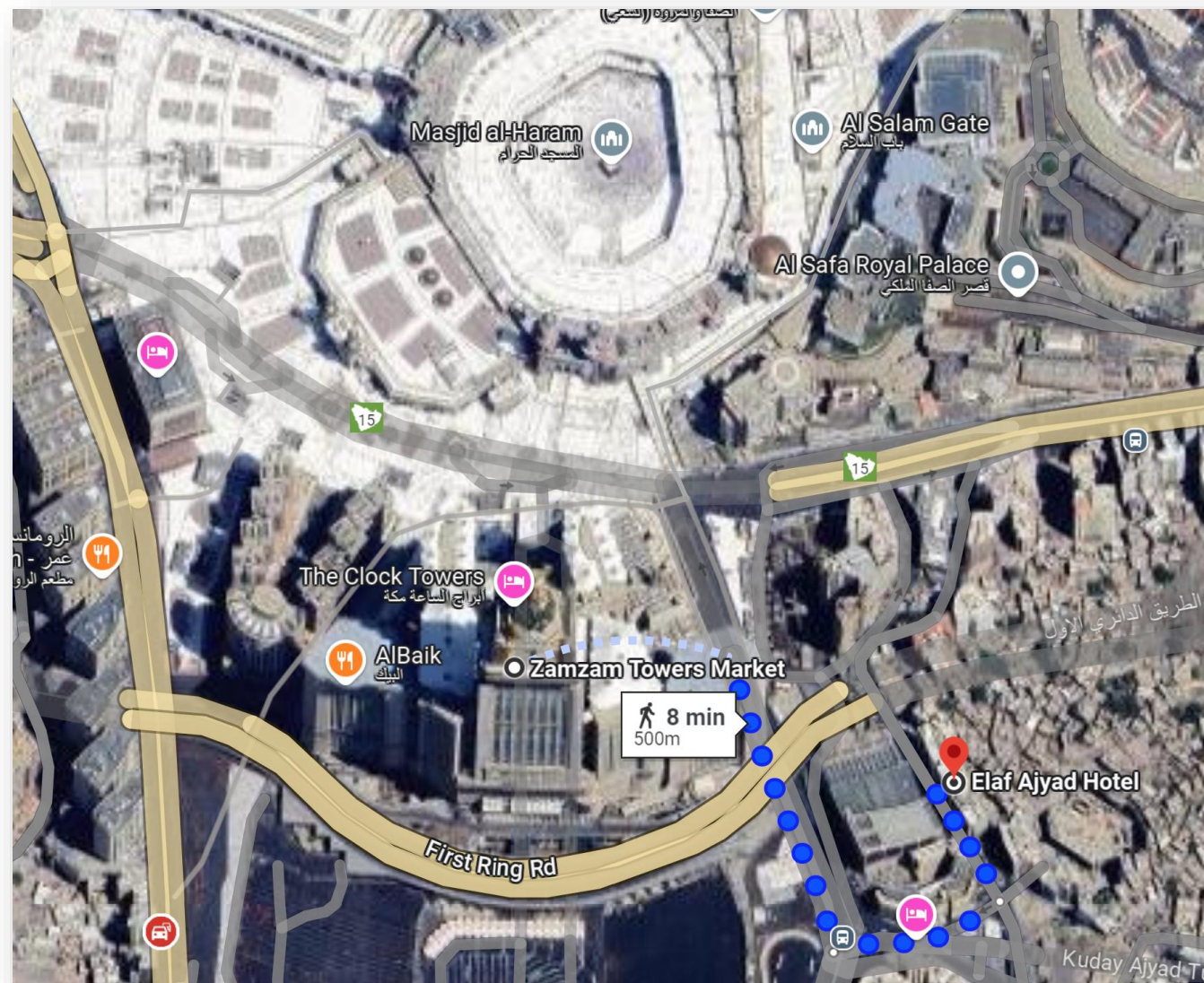
Travel

M	T	W	T	F	S	S		
October	9	10	11	12	13		Makkah	
	14	15	16	17	18	19	20	Madinah

Departure: **Pegasus** 20KG allowance. No meals provided.

Date	Time	Flight	Terminal	Interim
9th Oct	12:05	1170	1	Stansted
9th Oct	17:50	694	N	Ihram on before Jeddah
9th Oct	21:10	694	N	03:20
10th Oct	01:00	Arrival	Jeddah	

Elaf
Ayyad
Hotel,
Ayyad,
Makkah
24231



Pullman
Zamzam
Madina
Amr Bin Al
Gmoh Street
Madinah



Return: **EgyptAir** 23KG allowance

Date	Time	Flight	Terminal	Interim
19th Oct	11:55	MS 640		
19th Oct	13:50	MS779	S	
19th Oct	17:50	Cairo	3	04:00
19th Oct	21:05	Heathrow	T2	

Umrah

Follow the best of examples

Fard (compulsory)

1. Ihram
2. Tawaaf

Wajib (necessary) acts

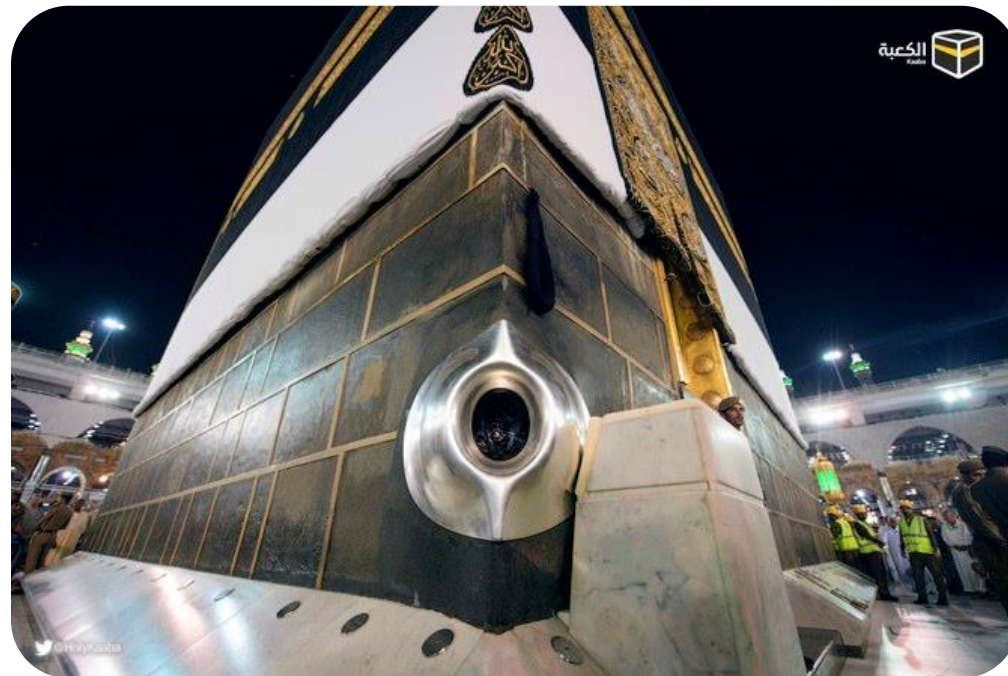
1. Sa'ee between Safa and Marwa (brisk between green lights)
2. Shaving/trimming hair

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً
وَفِي الْآخِرَةِ حَسَنَةً
وَقِنَا عَذَابَ النَّارِ

Rabbanaa aatinaa
fiddunyaa hasanah
wa fil Akhirati hasanah
wa qinaa 'adhaaban naar

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

(read between the last corner and
the Black Stone)



TAWAF

- Must have Wudu. Stop reciting Talbiyah
- Intention
- Cover your private areas at all times (awrah)
- Uncover right shoulder
- 7 rounds = 1 Tawaf. First 3 rounds brisk walk
- Start at the Black stone
- First time, raise both hands Istiqbal Allahu Akbar
Laa ilaaha illAllah
- All other rounds + end raise hands towards black
stone & kiss the palms saying Bismillah Allahu akbar
- Dhikr and dua throughout controlling gaze
- 2 rakat nafl behind Maqam e Ibrahim. Drink Zamzam



Maqam-e-Ibrahim

And then going to the Station of Ibrahim, he (the Prophet ﷺ) recited: **‘And adopt the Station of Ibrahim as a place of prayer.’**

وَإِذْ جَعَلْنَا الْبَيْتَ مَثَابَةً لِّلنَّاسِ وَأَمْنًا
وَاتَّخِذُوا مِن مَّقَامِ إِبْرَاهِيمَ مُصَلًّى

[Qu’ran 2:246]

And this Station was between him and the House. Allah’s Messenger ﷺ recited in two rak’ahs: ‘Say: O Unbelievers.’ and ‘Say: He is Allah, One” [Narrated in Sahih Muslim]

You can pray anywhere in the masjid which is safe trying to place the Maqam e Ibrahim between you and the Ka’ba

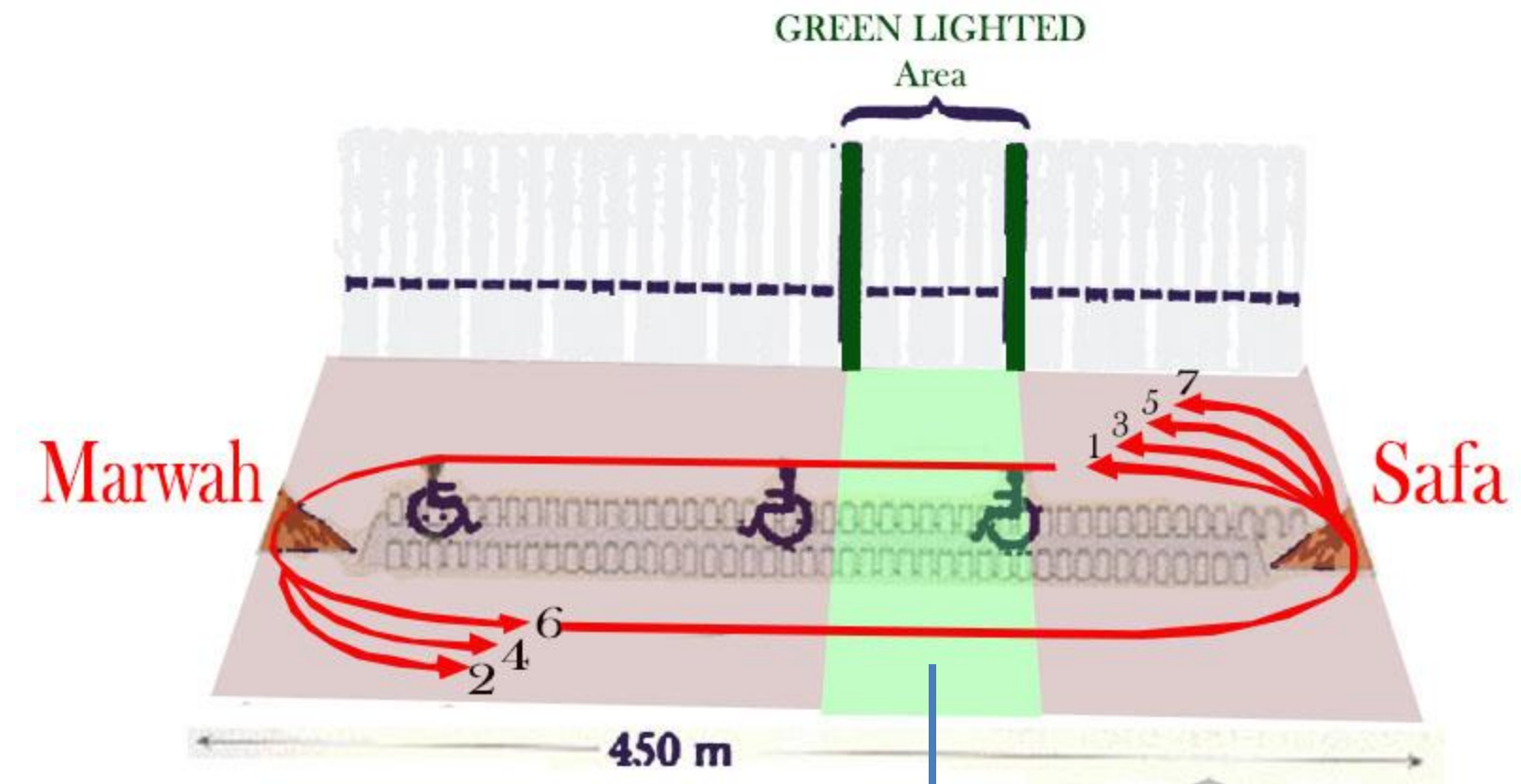


Maqam e Ibrahim (the Station of Ibrahim) is the stone on which he stood when the building became higher than he could reach. So his son put this famous stone there for him so that he could stand on it when the building grew tall. The footprints of al-Khaleel (Ibraaheem, peace be upon him) remained on the rock until the beginning of Islam.

(al-Bidaayah wa’l-Nihaayah, 1/163)

Sa'ee between Safa & Marwah

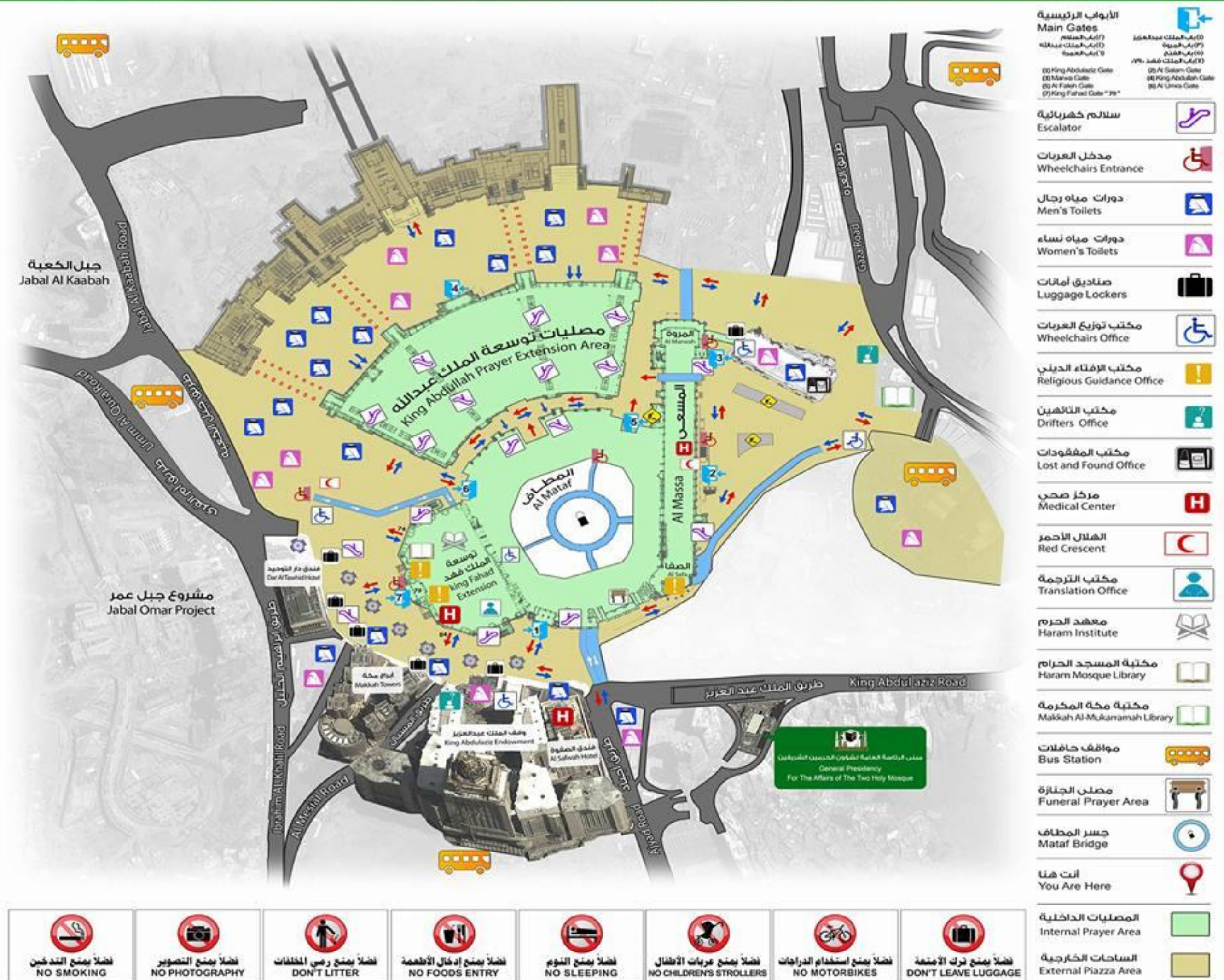
- Raise hands towards black stone & kiss the palms saying Bismillah Allahu akbar for the 9th time
- Then head to the signs marked (Masa'a)
- Climb slightly so you can see the Ka'bah and make dua
- Walking from Safa – Marwah or from Marwah to Safa = 1 circuit. Sa'ee is 7 circuits so you should end up finishing on Marwah. Make dua throughout especially at the peak of each mount.



Light jog for men between these green lights

Masjid al Haram, Makkah

- Remember to take a card from your hotel so you can find your way back easily.
- Identify the closest door to the Haram from your hotel
- Arrive at least 30 minutes before salaah time to comfortably find a place in the Haram. For Friday prayers, it is recommended to arrive no later than 10am in off-peak periods.



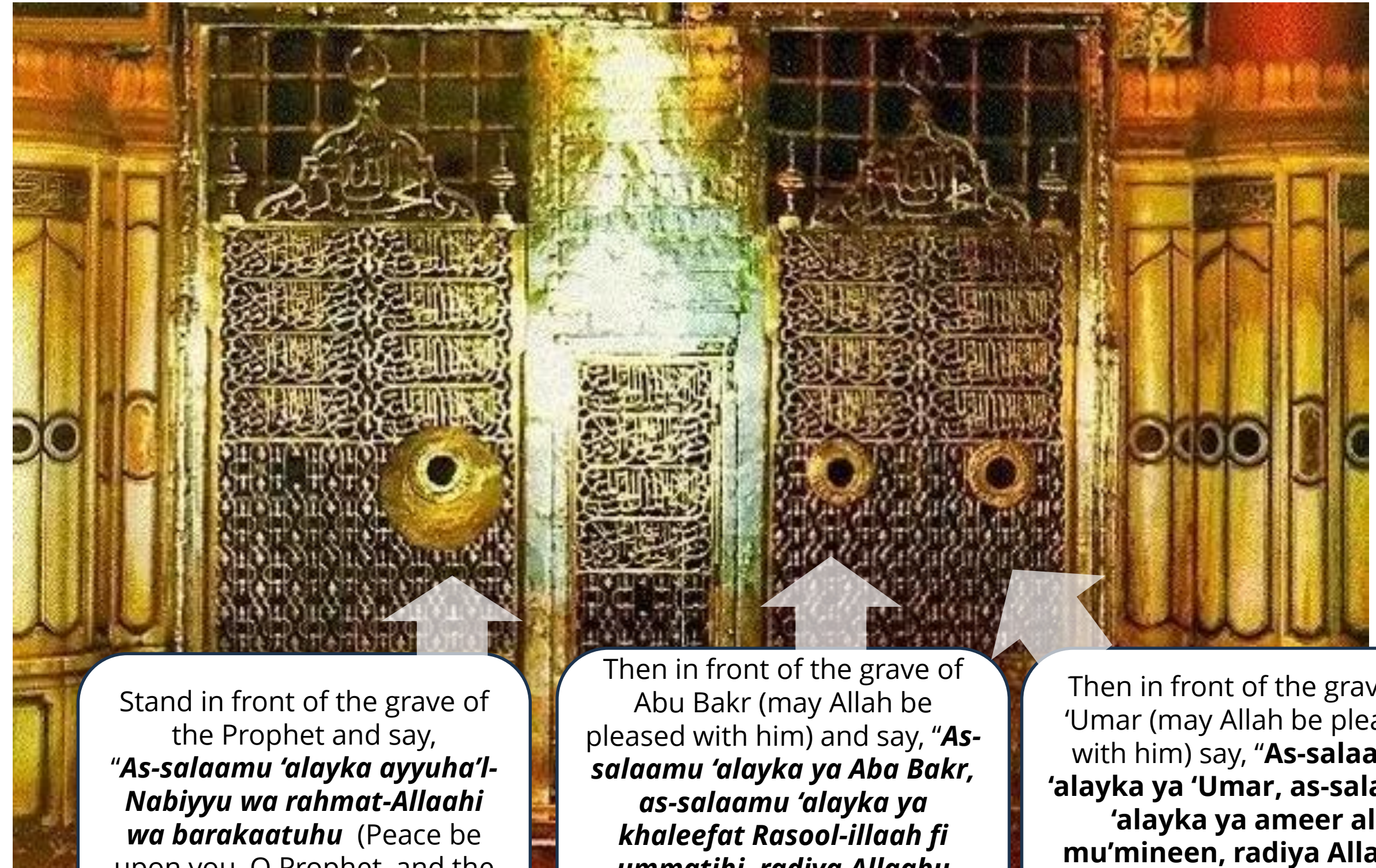
Salah times & potential daily routine

22.30	Sleep	Oct 09	04:58 AM	06:14 AM	12:08 PM	03:30 PM	06:01 PM	07:31 PM
04.15	Head to Haram for Tahajjud	Oct 10	04:59 AM	06:15 AM	12:07 PM	03:30 PM	06:00 PM	07:30 PM
05.15	Fajr salah / Tawaf / Qur'an	Oct 11	04:59 AM	06:15 AM	12:07 PM	03:29 PM	05:59 PM	07:29 PM
06.30	Ishraq salah	Oct 12	04:59 AM	06:15 AM	12:07 PM	03:29 PM	05:58 PM	07:28 PM
07.00	Breakfast	Oct 13	04:59 AM	06:16 AM	12:07 PM	03:28 PM	05:57 PM	07:27 PM
08.00	Sleep	Oct 14	05:00 AM	06:16 AM	12:06 PM	03:28 PM	05:57 PM	07:27 PM
11.00	Go to Haram	Oct 15	05:00 AM	06:16 AM	12:06 PM	03:27 PM	05:56 PM	07:26 PM
12.00	Dhohar	Oct 16	05:00 AM	06:17 AM	12:06 PM	03:27 PM	05:55 PM	07:25 PM
13.00	Afternoon nap (if required)	Oct 17	05:01 AM	06:17 AM	12:06 PM	03:26 PM	05:54 PM	07:24 PM
15.00	Asr	Oct 18	05:01 AM	06:18 AM	12:06 PM	03:26 PM	05:53 PM	07:23 PM
17.15	Reminder	Oct 19	05:01 AM	06:18 AM	12:05 PM	03:25 PM	05:53 PM	07:23 PM
18.00	Maghrib							
19.30	Isha							
20.00	Dinner							

Arriving at Masjid an Nabawi & giving Salaam

After (the pilgrim) prays upon arrival in the Prophet's Masjid, he should go and send salaams upon the Prophet (peace and blessings of Allah be upon him) and his two companions Abu Bakr and 'Umar (may Allah be pleased with them).

When entering the Prophet's masjid, one should be in a state of calm and spirituality. One of the many mistakes done at the grave of the Prophet (peace be upon him) is raising the voice and requesting from him that one's needs be fulfilled.



Stand in front of the grave of the Prophet and say, "***As-salaamu 'alayka ayyuha'l-Nabiyyu wa rahmat-Allaahi wa barakaatuhu*** (Peace be upon you, O Prophet, and the mercy and blessings of Allah)."

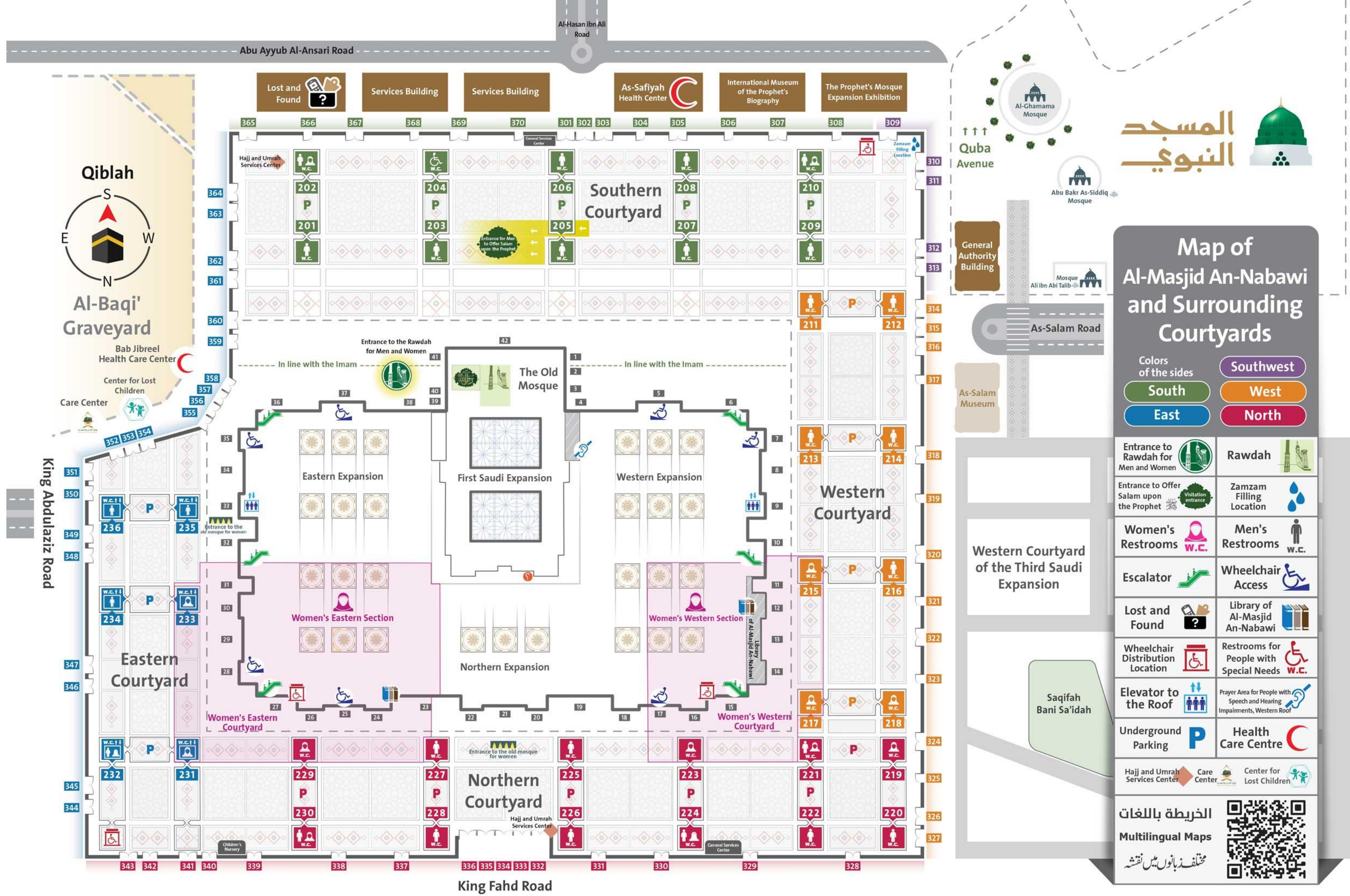
Then in front of the grave of Abu Bakr (may Allah be pleased with him) and say, "***As-salaamu 'alayka ya Aba Bakr, as-salaamu 'alayka ya khaleefat Rasool-illaah fi ummatihi, radiya Allaahu 'anka wa jazaaka 'an ummati Muhammadin khayran.***"

Then in front of the grave of 'Umar (may Allah be pleased with him) say, "***As-salaamu 'alayka ya 'Umar, as-salaamu 'alayka ya ameer al-mu'mineen, radiya Allaahu 'anka wa jazaaka 'an ummati Muhammadin khayran***"

Masjid an Nabawi, Madinah

“The area
between my
house and my
minbar is one of
the gardens of
Paradise.”
[Bukhaari (1196)
& Muslim (1391)]

Book a place to
visit this special
Rawdah (garden)
using the Nusuk
app.



The International Fair and Museum of the Prophet's Biography and Islamic Civilization

Insights into the Prophets Life and history

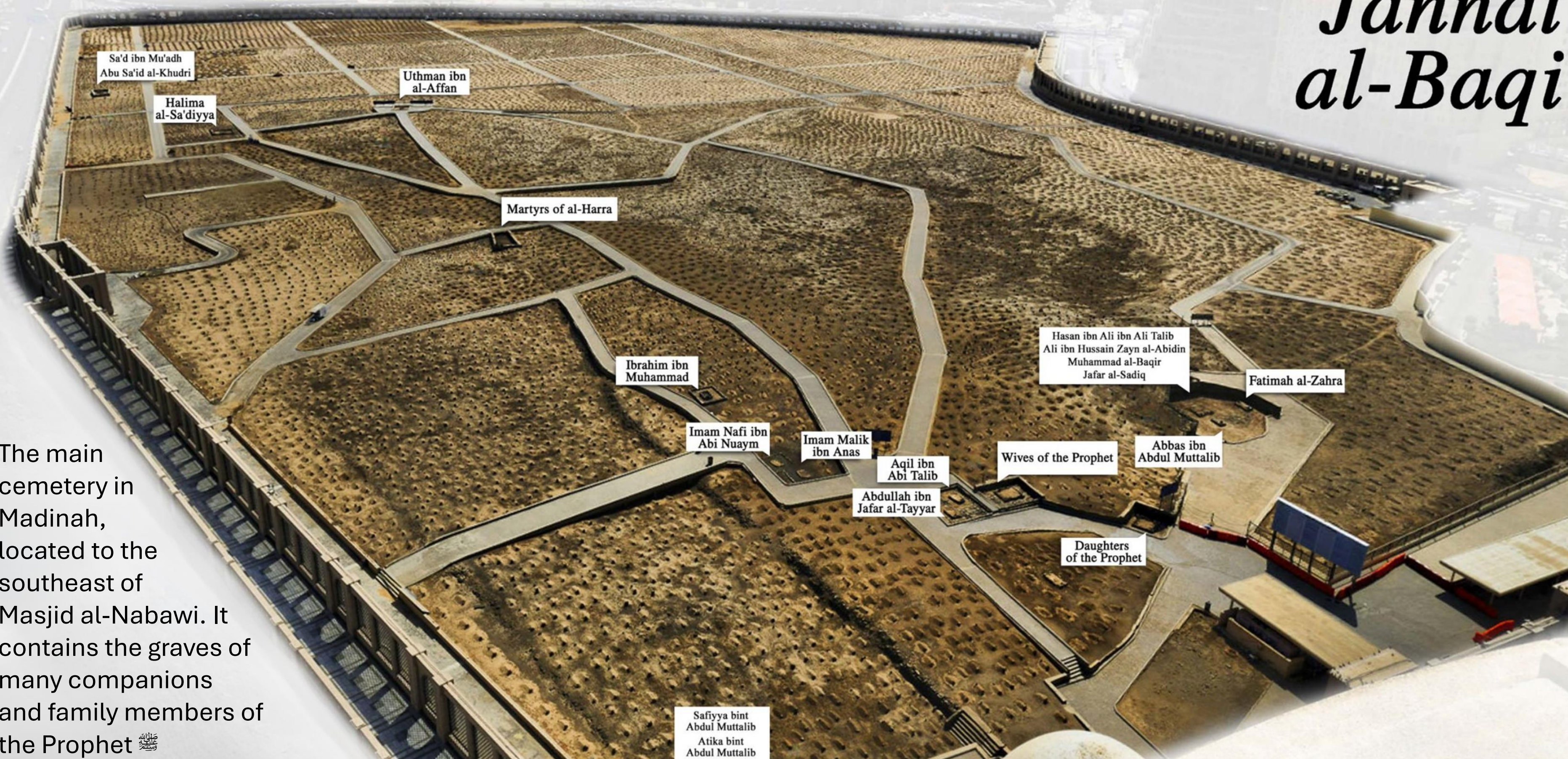
Local exhibitions/sites:

- King Fahd complex for printing the holy quran, Madinah 7.30-11am (closed Fri & Sat)
- Prophets Mosque building exhibition (5.30am-10pm)
- Dar al Madinah Museum Madinah 11am-6pm (closed Fridays)
- Makkah Kiswah factory 8am-11am (Closed Fri and Sun)
- Hira cultural centre, Makkah (8.30am-9.30pm less on Fridays)



Jannat al-Baqi

The main cemetery in Madinah, located to the southeast of Masjid al-Nabawi. It contains the graves of many companions and family members of the Prophet ﷺ



Sa'd ibn Mu'adh
Abu Sa'id al-Khudri

Halima
al-Sa'diyya

Uthman ibn
al-Affan

Martyrs of al-Harra

Ibrahim ibn
Muhammad

Imam Nafi ibn
Abi Nuaym

Imam Malik
ibn Anas

Aqil ibn
Abi Talib

Abdullah ibn
Jafar al-Tayyar

Safiyya bint
Abdul Muttalib
Atika bint
Abdul Muttalib

Hasan ibn Ali ibn Ali Talib
Ali ibn Hussain Zayn al-Abidin
Muhammad al-Baqir
Jafar al-Sadiq

Fatimah al-Zahra

Wives of the Prophet

Abbas ibn
Abdul Muttalib

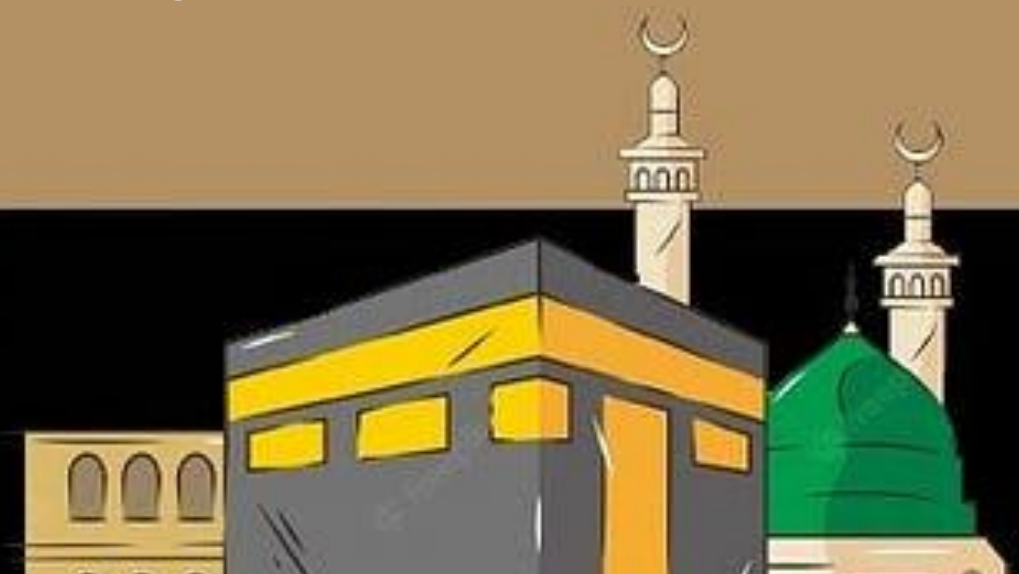
Daughters
of the Prophet



Required for booking a place in the Rawdah (Prophets masjid).
Also worth booking Umrah.

NUSUK APP

Download the app on your phone.
Register your email and book as soon as slots become available
(7-10 days in advance)



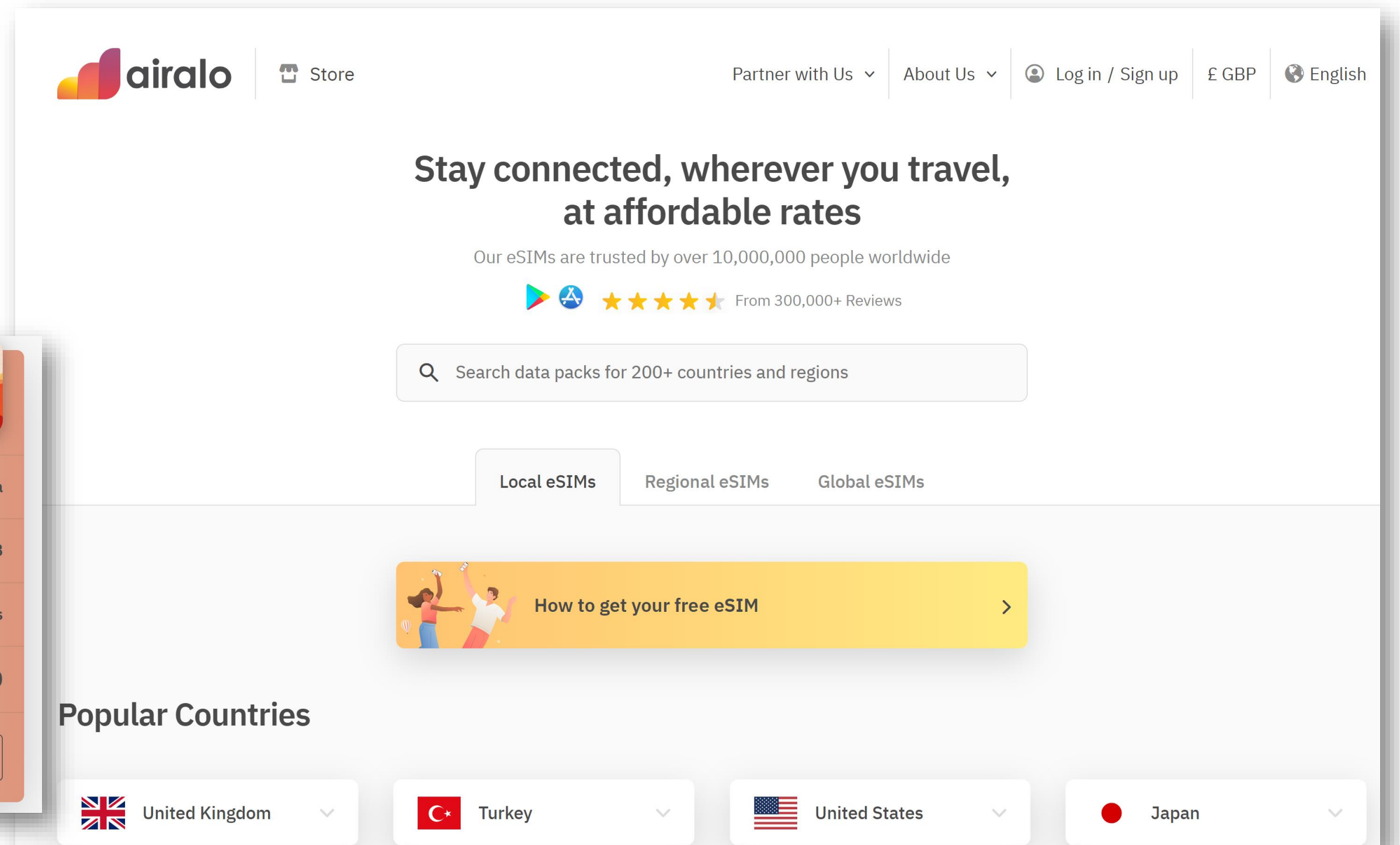
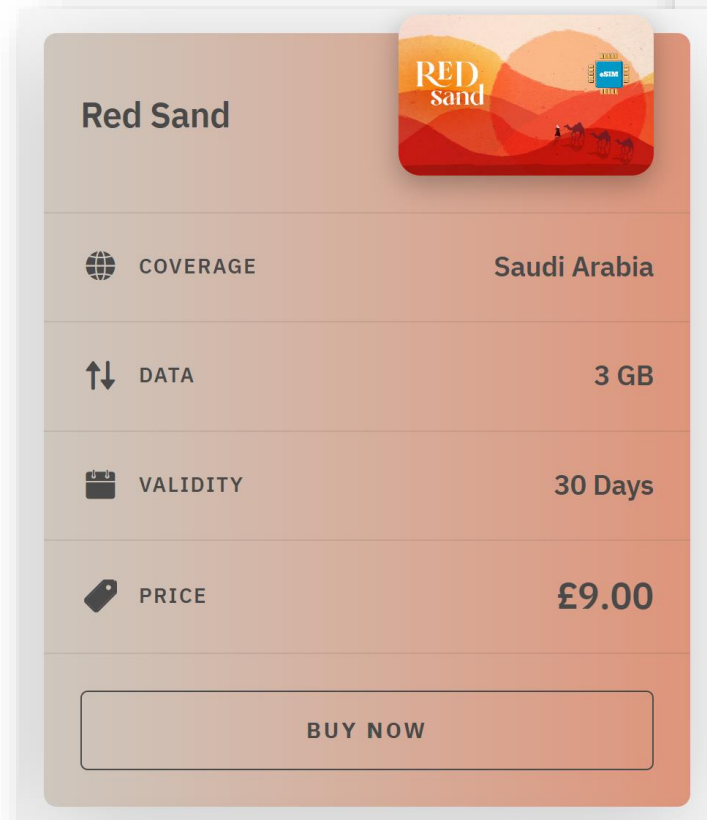
Money & Travel Insurance

- Take £150 cash for exchange to Riyal (transport, shopping) and ATMs are sometimes hard to access
- Most places are cashless Monzo or Revolut
- Travel insurance



Phone and Data

- Register for a free eSIM
- Purchase Data package (lasts 30 days) – 3GB is sufficient
- [Enable](#)



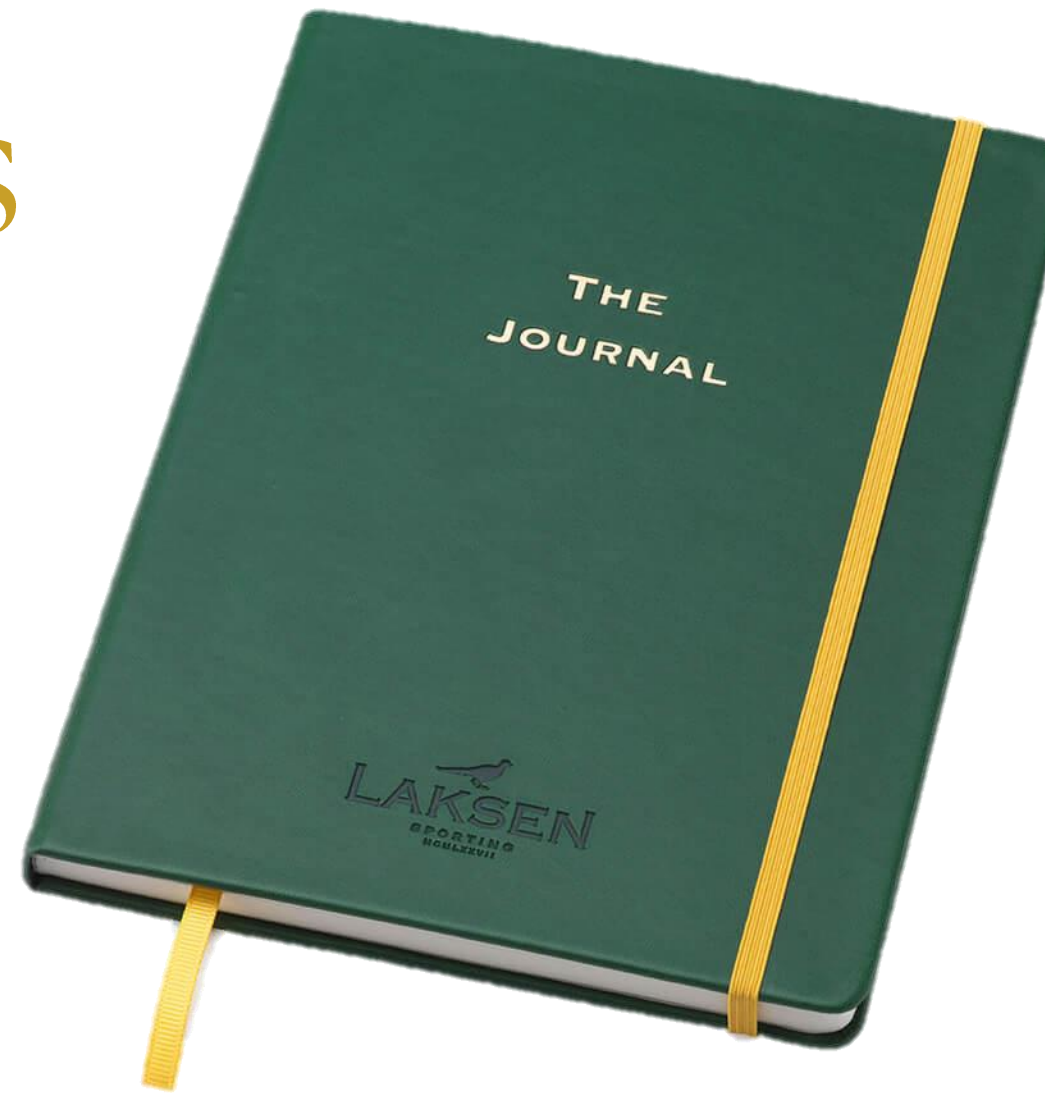
Journal and targets

Set personal targets for daily:

- Tawaf
- Qur'an
- Salah in masjid
- Sunnah & Nawaafil
- Tahajjud
- Durood
- Dua (try to memorise 1 new dua)
- Spending time in the masjid

Recommended reading Life of the Prophet ﷺ

Fortress of the Muslim, Love of Allah (improve salaah)



Stay away from:

- Time wasting especially on phone
- Too much shopping
- Gossiping

Travel essentials

1. Passports
2. Tickets (copy)
3. eVisa (copies)
4. Proof of Vaccination
5. Convert £100 to Riyals
6. Cash / Debit
7. Emergency Contacts
8. Prayer mat
9. Dua Book
10. Dua List
11. Tasbeeh Counter
12. Umrah Guide Book
13. Suitcase with locking system
14. Hand luggage (Ihram, book)
15. Neck cushion
16. Eye mask cover and ear plugs
17. Snacks – nuts, biscuits
18. Clothing, accessories & flip-flops
19. Ihram
20. Waist Pouch
21. Bathroom Slippers
22. String Bag (for shoes)
23. Toiletries, Small Scissors & Sellotape
24. Medication & Vaseline
25. Plasters / Blister Plasters
26. Energy tablets
27. Phone, charger, powerpack & adaptor.
28. Notebook and pen
29. Personal Qur'an, Life of the Prophet & other dua books

Food places



MADINAH

1. **Olive and Chilli**, local chicken - Quba Walkway (On Google maps, close to Haram gate No 310) walk down Quba Walkway until you reach Arabian Oud and then take a left and walk till you see it on your right
2. **Zaytoun Local Chicken** - First floor, Taiba commercial centre
3. **Fatoum Shawaarma**, outside the haram. Madinah Street - near Gate Fahd and walk straight near Gate 333
4. **Food Master**, Sayyid As Shuhada, 42313, Medina
5. **Myraj restaurant**, Next to Food Master
6. **Romansiah Drive**, King Abdul Aziz Road
7. **Yemeni Gate** - great breakfast
8. **Hashi Basha** - Al Qaswa Madinah
9. **Shawaya Biladi**, Khalidiya, Madinah

MAKKAH

1. **Food Court Tower (Jabal Umar)**: Great for a variety of food options near the Haram, on the road from Dar at Tawhid Intercontinental.
2. **Raydan (King Fahd Gate)**: Offers traditional Saudi food that is both delicious and authentic.
3. **Biryani House**, Between Hyatt regency and Conrad, all the way up the stairs and on the left. Romansiah (Left of the Biryani House) – get chicken and meat with 3-4 different rice types and a shared table where you can share.
4. **Happy Chef** do a nice prawn wrap but don't try their pizzas.
5. **Juice World**: A good place to grab fresh fruit juices and cool off after a long day.
6. **Conrad Tower**: Contains restaurants and food outlets that cater to a range of tastes and budgets including Al Baik.
7. **Other Options**: Don't hesitate to explore local spots like Munch or Koshary restaurants for more diverse food experiences.
8. **Breakfast**: Local shops have salted caramel croissants and Mango laban (yoghurt). You can pay for hotel breakfasts but they cost about £15.
9. Al Tuheed Pakistani food, Zam Zam Clock Tower Level 3
10. Wali restaurant fast good, Old Millinium Towers Food Court
11. Café Moments, Zam Zam Towers

Jazakumullah khair

*Keep making dua that we are blessed to
go and counted amongst the accepted*



Any questions?