

Step By Step Guide to 'Umrah

1. **Prepare one's body** for *iḥrām* with the *sunna* acts.

- ✓ take a *ghusl*, trim nails, brush or comb hair, remove armpit and pubic hair, trim one's mustache (for men), perfume one's body (for men), wear new or washed, white, unsewn clothing and special slippers (for men), and pray two *raka'āt*

2. **Enter into a state of *iḥrām*** by making the intention to perform '*umrah* in the heart (or aloud) **AND** immediately pronouncing the *talbiya* **at least once aloud** (but in a lowered voice for women).

- ✓ must be done before passing the designated boundary (*mīqāt*) for the one who lives outside of it **or** at the *Hill* for the one who is currently in Makkah or lives in the *Hill*
- ✓ all *iḥrām* violations now come into effect

3. **Pronounce the *talbiya* often**, especially when one changes from state to state. After chanting it three times, end with *ṣalawāt* on the Prophet ﷺ.

4. **Take a purificatory shower (*ghusl*)** before entering Makkah, if able.

5. **Go immediately to al-Masjid al-Ḥarām** upon arriving at Makkah after one settles into the hotel room.

6. **Enter through any door**, although entering through Bāb al-Salām is preferable. **Enter with the right foot and make the intention for *nafl 'itikāf*.**

- ✓ one should be in a state of humility, fearing Allah, whilst reciting the *talbiya*, completely aware of the tremendous rank of the place one is in, and making much *dhikr*, such as '*Allahu Akbar*' and '*La ilaha illa Llah,*' and reciting *ṣalawāt* on the Prophet ﷺ
- ✓ one should be easy-going with the over crowdedness and not complain, think badly of others, or be in a bad mood

7. When the Ka'ba is entirely visible, **raise one's gaze to the Ka'ba** and greet it with '*Allahu Akbar*' three times and '*La ilha illa Llah*'. Any supplication made upon sight of the Ka'ba is answered.

8. **Expose the right shoulder** by tucking one's upper piece of cloth underneath the right armpit and leave it exposed for all rounds of the *ṭawāf* (*sunna* for men only).

9. **Start at the Black Stone** (*al-Hajr al-Aswād*) and **make the intention for the ‘umrah ṭawāf**. At this point, one stops chanting the *talbiya* for the rest of the ‘umrah.

10. **Greet the Black Stone** from afar by raising one’s two hands like in the beginning of the prayer, saying *bismiLlah wa Llahu akbar*, and kissing the hands.

11. **Perform 7 rounds of ṭawāf in an anti-clockwise direction, starting with the Black Stone and ending with it. Greet the Black Stone at the completion of each round.**

- ✓ this equals 8 greetings in total: one at the start of the first round and one for completing each subsequent round, which are 7

12. **Keep one’s heart and tongue busy with supplications and invocations during the ṭawāf**. If one is able, one touches the Yemenī corner with one’s right hand or both hands in each round.

13. **Walk in a hastened pace, swinging one’s shoulders, for the first three rounds** and in a regular pace for the next four rounds (*sunna* for men only). Women walk at a regular pace for all rounds.

14. **Perform two raka ‘āt of wājib prayer for completing the ṭawāf** in a time that is not disliked behind the *maqām* of Prophet Ibrāhīm (peace be upon him) or any place possible in al-Masjid al-Ḥarām. Men should make sure to cover back their shoulder before praying.

15. **Hang oneself against the Multazam** if able. One places the chest, stomach, and right cheek against it after finishing from the *ṭawāf*.

16. **Drink zamzam water** to one’s fill.

17. **Greet the Black Stone for the ninth time** if one passes it before doing the *sa ‘y*.

18. **Perform 7 circuits of the sa ‘y** starting at Ṣafā and ending at Marwa.

- ✓ keep one’s heart and tongue busy with supplications and invocations during the *sa ‘y*, and greet the Ka‘ba each time one ascends upon the mounts of Ṣafā and Marwa by saying ‘*Allahu Akbar, La ilaha illa Llah,*’ whilst raising one’s hands up towards the sky outstretched

19. **Jog between the green lines** each time one passes it (*sunna* for men only).

20. **Pray two raka ‘āt of nafl prayer** for completing the *sa ‘y* anywhere in the mosque.

21. **Shave one’s entire head** (for men only) **or trim the tips of one’s entire head** (for women) from the hair whose roots grow above the ears. After shaving or trimming the hair, one exits the state of *ihrām* and the ‘umrah is complete.