

Rites of Umrah

Voluntary Pilgrimage

English

انجليزية

Tawaaf
(circumambulation)

2

Beginning End

7 laps from the Black Stone back to the Black Stone

The Meeqat (boundary) for the people of the Levant and Egypt is Al Juhfah, 186km from Makkah

The Meeqat (boundary) for the people of Madinah is Dhul Hulaifah 420km from Makkah

The Meeqat (boundary) for the people of Iraq is Dhatu 'Irq, 98km from Makkah

The Meeqat (boundary) for the people of Najd is Qamul Manazil 99km from Makkah

The Meeqat (boundary) for the people of Yemen is Yalamlam, 99km from Makkah

1

Ihram

(Making the intention to enter the pilgrimage)

Travellers by plane make their Ihram from the closest point of the Meeqat boundary in the air

Seven laps

You walk before the two green signs, then you run quickly between them. This is only for men.

Safa

Marwah

4
Walking between Safa and Marwah

3
Praying behind Maqaam Ibraheem ﷺ, if possible

Prohibitions of Ihraamm:

- 1 Removing hair from the head or body
- 2 Clipping the nails
- 3 Using perfume
- 4 Performing a marriage contract for oneself or others
- 5 Intimacy and intercourse with women
- 6 Hunting land-animals

1 Wearing sewn garments, and it is what is tailored such as clothes or for a specific body part.

2 Covering the head, as with using a turban or cap

1 Covering the face with a niqab or burqa, but in the presence of foreign (i.e., non-mahram) men, she is to cover her face with her khimar or the like.

2 Wearing gloves

5
Shaving or Shortening Hair

Shaving or shortening the hair is for men, and women shorten as much as a fingertip

Prohibitions specifically for males:

Prohibitions specifically for females:

Encouraged non-obligatory acts of Umrah:

- 1 Nail trimming and taking the necessary hair to be taken before the intention of Ihram
- 2 Doing ghusl for ihram
- 3 Wearing perfume on the body [before wearing ihram clothing, not on it]
- 4 Wearing a lower and upper white garment
- 5 Talbiyah: "Labbayka Allaahumma labbayk, labbayka ,laa shareeka laka labbayk. Inna al-hamda wa'l-ni'mata laka wa'l-mulk, laa shareeka lak (Here I am ,O Allah, here I am. Here I am, You have no partner, here I am. Verily all praise and blessings are Yours and all sovereignty, You have no partner)." From ihram to Tawaaf
- 6 Idtiba' in tawaaf for men which is uncovering the right shoulder
- 7 Kissing the Black Stone
- 8 Raml (walking briskly) in the first three laps
- 9 Praying behind Maqaam Ibraheem ﷺ