

How to Pack for Hajj

NOTE: when packing your luggage view Handout “*Hajj and Umrah Master Travel List*”

Once you have gathered all your travel items and supplies – you will pack a majority of your items in your main luggage and the essentials in your handbag.

Your Handbag:

You should pack your handbag in such a way that if your luggage gets lost or delayed (and with 2 million people arriving the same day it very well might) you will be able to complete your Hajj with what is packed in your handbag.

For men: One set of Ihram (pack one extra set in your luggage), Ihram belt	
For women: 2 sets of Ihram [i.e. abiya / burkha / jilbab]; (pack one extra Ihram in your luggage); 2 hijabs, hijab headband, rubber bands, sanitary liners / pads, small sling purse	
For Both Men and Women	
Clothes	2 changes of clothes, one set of pajamas, at least 3 undergarments, extra pair of flip-flops
Prayer	List of dua's, travel Quran, travel prayer rug
Ziploc 1:	Medications – Prescriptions; As well as cough drops, cold medicine, Imodium, Tylenol, Pepto-Bismol packs, Emergen-C (vitamin boost) packs, Band-Aids, eye drops NOTE: you will not need the entire package; a few of each of these will be enough.
Ziploc 2:	Toiletries: <ul style="list-style-type: none"> - toothbrush, toothpaste, Miswak, Q-tips - travel size: fragrance free: shampoo, deodorant, soap - contact case, travel contact solution, extra contacts, glasses and case
Ziploc 3:	Energy Snacks: nuts / trail mix, granola bars, dried cranberries, Gatorade packs or Gels
Ziploc 4:	Skin: fragrance free: Chapstick, Lotion, Vaseline, Sun Screen, Anti-bacterial gel and wipes
Useful Extras	Umbrella, Mini flashlight, compass, mini sewing kit, safety pins, phone charger, volt convertor, disposable bags for shoes, extra zip-locks
Don't Forget	Small blanket, flat sheet (small travel pillow place in luggage)
	Backpack
	Bathroom Kit (see below)

Your Stay in Mina and Arafat: (For Hajj Only)

Before you begin your Hajj (journey to Mina, Arafat, and Muzdalifa) you will get an opportunity to pack a small traveling bag.

You will **not** be allowed to bring your rolling handbag when staying in the tents of Mina because of the limited space. Your Mina bag should be nothing bigger than a light weight **backpack** since you will need to walk a long distance carrying the items you bring. If needed, you can also use a miniature messenger bag (sling) to carry the essentials like, dua books, medicines, and snacks.



Women's Backpack	Men's Backpack
Travel Quran, List of Dua's, Travel Prayer Rug	Travel Quran, List of Dua's, Travel Prayer Rug
Medicine Ziploc (see above)	Medicine Ziploc (see above)
Snack Ziploc (see above)	Snack Ziploc (see above)
Bathroom Kit: (see below)	Bathroom Kit: (see below)
Sanitary pads and liners (fragrance free)	
Ziploc with: contact solution, case, glasses, chapstick, [fragrance free] lotion, antibacterial gel, deodorant	Ziploc with: contact solution, case, glasses, chapstick, [fragrance free] lotion, antibacterial gel, deodorant, Vaseline
One pant, one abiya, one hijab, one underwear (all optional; not really necessary)	1 extra piece of Ihram
Umbrella	Umbrella
Phone charger, volt convertor	Phone charger, volt convertor
Ziplock to collect pebbles	Ziplock to collect pebbles
Strap sleep mat, small blanket, small sheet and small pillow to backpack	Strap sleep mat, small blanket, small sheet and small pillow to backpack

Important: You will **not** need to buy a sleeping bag. Take a small fleece blanket, small sheet, and small travel pillow. Purchase a Hajj sleeping mat from the local shops in Makkah.

The Bathroom Kit: Any Hajji will tell you that the bathroom situation in Mina can be challenging to put it delicately. A well-equipped bathroom kit can help ease bathroom anxiety.

What goes in the Kit?

- Small plastic grocery bag that can hang on your wrist (to carry items) – there is no hook on the doors.
- **Fragrance free soap** (I recommend liquid soap - the bar soap can get messy after awhile)
- If you buy a bar soap be sure to also purchase a soap box
- Toilet Paper and Travel Toilet Seat Cover
- Travel disinfectant spray (to mask unwanted orders, and kill germs) be sure its **fragrance free**
- Anit-bacterial Wipes (**fragrance free**)