
TIPS FOR UMRAH AND HAJJ

Do's for Umrah & Hajj:

1. Study how to perform Hajj & Umrah well in advance before going (in case you are separated from your guide)
2. Know the rules of Ihraam before you leave
3. To complete additional Umrah you will need to travel to Masjid Aisha and pray 2 rakah (it is the point of Mikat)
4. Keep a traveling prayer mat (sometimes you get stuck praying outside of the Haram)
5. Learn the fiqh of praying a Janaza (funeral prayer). You will be doing it after every single prayer in the Haram.
6. Use your time wisely – Do dhikr, du'aa, recite Qur'aan (**Do NOT** waste time shopping or purchasing gifts)
7. Prepare yourself for a lot of walking. Practice walking daily (weeks before you leave for your trip)
8. Bring medicine: Tylenol, aspirin, Theraflu, Tums, Pepto Bismol, Chapstick, throat spray, Vaseline
9. Wear comfortable footwear. (**Be aware** if you purchase fancy sandals they can get lost or taken by mistake). Keep an extra pair of sandals
10. Drink as much Zamzam as you can this will help you stay healthy and energized. Stay away from sugary caffeine drinks which can cause jetlag, loss of energy or dehydration. Avoid tap water and eating raw vegetables.
11. Arrange a meeting place with your group in case you get lost
12. Keep phone numbers of your hotel/flat and **group leader** with you whenever you go out
13. Bring snacks like granola bars, dried fruit, nuts. It is possible to get stuck for hours on a bus during heavy traffic
14. When walking in the sun carry a small umbrella to limit heat exhaustion
15. Try to give as much charity as you can. Many agree that it is best to give to the cleaners / workers in the Haram
16. Remember the purpose of your trip. **Do your BEST to stay calm and not get angry.** (With millions of people there at one time, all in a state of concentration you will get pushed around.)
17. Use the store Bin Dawood for anything you forget; it's like a Walmart or Target

HAJJ ONLY:

1. For traveling between Mina, Muzdalifa, `Arafat and Makkah, you will need a light weight backpack to carry your belongings. Anything larger is going to be difficult for you to carry around. Do NOT make your bag too heavy.
2. Be **very careful** to stay within the specific boundaries during the days of Hajj, especially `Arafah - overstepping them may affect the correctness of your Hajj.
3. Take a picture of your tent number and street name. Observe landmarks when going out so you can find your way back.
4. Rest the night of Mina because you will want to save your energy for Arafat and Jamarat.

Don'ts for Umrah & Hajj:

1. **Do NOT** keep all your money in one place in case it gets stolen. Try **not** to bring valuables with you, but if you do keep them in the hotel safe
2. **DO NOT LEAVE ANY BELONGINGS ON ANY BUS AT ANYTIME.** No matter what they say, you may not find the same bus again and many people permanently lose their belongings this way.
3. **DO NOT** pack a lot of clothes. Bring only a few light weight outfits, you can always wash clothes if you have to. In addition, women only need 2-3 Abiya and Men need 2 ihram. Bring enough under-garments.
4. Do not try to pick anything up if you have dropped it around large crowds, as you can run the risk of getting trampled. If you wear glasses secure with glasses cord
5. Secure your belongings (dua' books, prayer rugs, shoes) in a drawstring canvas bags that can be worn as a backpack or a sling around your shoulder. Keep plastic bags for your shoes.
6. The best times to visit the Haram of Makkah is from 1AM until Fajr and from about an hour after Fajr until 9am. These timings tend to have the least crowds. You will need to be at the Haram at least 1 hour before prayer to be able to pray inside.
7. Don't go out **alone** on the Days of Hajj as it is **very** easy to get lost. Always inform someone in the group when you are going out and when you expect to return.
8. Do not pack ithar in bags that contains ihram. There's a chance it may leak; and you won't be able to clean it up if you are in Ihram. Also, **when in Ihram do not use soaps at rest areas or hotels** (these soaps have fragrance).

Umrah & Hajj Gifts:

Reduce time wasted in buying gifts by making a list of family and friends in advance and possible ideas for each person. Save time by buying items in bulk and distribute to family and friends. **Possible gift suggestions:**

Qur'an / Large Print Yaseen / Collection of Surahs	Islamic Clothing (men, women, kids)
Dates: Best from Madinah. On your way to visiting Masjid Quba ask your driver to stop at the date orchard.	Hijabs / Prayer Caps
	Decorative Prayer Rugs / Traveling Prayer rugs
Zamzam Water: Each person is given a large 5 gallon jug at the airport. Upon return fill small water bottles for gifts. (Print decorative water bottle labels from online)	For Kids: Toy airplane and dolls that recite Talbiya, toys with child's name engraved in calligraphy, kids prayer rug
Islamic Art / Metal Work (tea sets etc.)	Miswak
Tasbeehs Beads / Digital Tasbeehs	Ithar, Decorative Ithar bottles

- The easiest place to shop is in **Madinah**. Every alley between the large hotels has small shops. These shops carry many of the same items as the malls at a much cheaper cost.
- **The Makkah clock tower mall:**
 - has a large food court (on 2 different floors)
 - Good place for gifts is the shops on the lower level; they are cheaper than the shops on the main level
 - Has a grocery store at the top level – this is good if traveling with kids to buy a few items and keep them in your hotel fridge.