

UMRAH

The Sunnah Way

Complete Guide on Umrah

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INTRODUCTION

This comprehensive guide contains all the necessary information regarding the steps to be undertaken to perform Umrah strictly adhering to the Sunnah of the Prophet(Peace be upon him) with quranic/hadith references mentioned for every step.

Allah says :

“Indeed, in the Messenger of Allah you have an excellent example for whoever has hope in Allah and the Last Day, and remembers Allah often.”

Reference : Quran 33:21.

As we have been instructed by Allah to follow his Messenger(Peace be upon him) , we should ensure every act of worship we perform is taken from the Prophet(Peace be upon him) and his sunnah.

It must be our endeavour to share this guide with others , to spread beneficial knowledge for us to gain the reward as well.

Sahl bin Mu'adh bin Anas narrated from his father that:

The Prophet ﷺ said: "Whoever teaches some knowledge will have the reward of the one who acts upon it, without that detracting from his reward in the slightest."

Reference : Sunan Ibn Majah Book of Foreword Hadith 240

I hope you make use of this book as your guide to perform Umrah.

May Allah accept your Umrah and make it easy for you.

Umrah broadly consists of 4 things :

- 1.Ihram
- 2.Tawaf around the Kabah
- 3.Sai between As-Safa and Al-Marwah
- 4.Shaving your head / cutting short your hair.

We will be understanding each of them , going ahead.

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The Reward for performing Umrah

1. Umrah gives us a chance to be the guest of Our Creator , while Allah is the host, and what a glorious host.

Abu Hurairah said:

"The Messenger of Allah said: 'The guests of Allah are three: The ghazi, the Hajj (pilgrim) and the Mu'tamir'"

Reference : Sunan an-Nasa'i Book of Hajj Hadith 2626

It was narrated from Ibn 'Umar that the Prophet ﷺ said:

"The one who fights in the cause of Allah, and the pilgrim performing Hajj and 'Umrah are a delegation to Allah. He invited them, so they responded to Him, and they ask Him and He gives to them."

Reference : Sunan Ibn Majah Book of Hajj Rituals Hadith 2893

2. Removal Of Poverty and Sins

It was narrated from 'Umar that the Prophet ﷺ said:

"Perform Hajj and 'Umrah, one after the other, for performing them one after the other removes poverty and sin as the bellows removes impurity from iron."

Reference : Sunan Ibn Majah Book of Hajj Rituals Hadith 2887

3. Expiation of Sins:

It was narrated that abnu Hurairah said:

"The Messenger of Allah said:

'from one 'Umrah to another is an expiation for what comes in between, and Hajj al-Mabrur brings no reward less than Paradise."

Reference : Sunan an-Nasa'i Book of Hajj Hadith 2630

4. Equivalent to Jihad for the women:

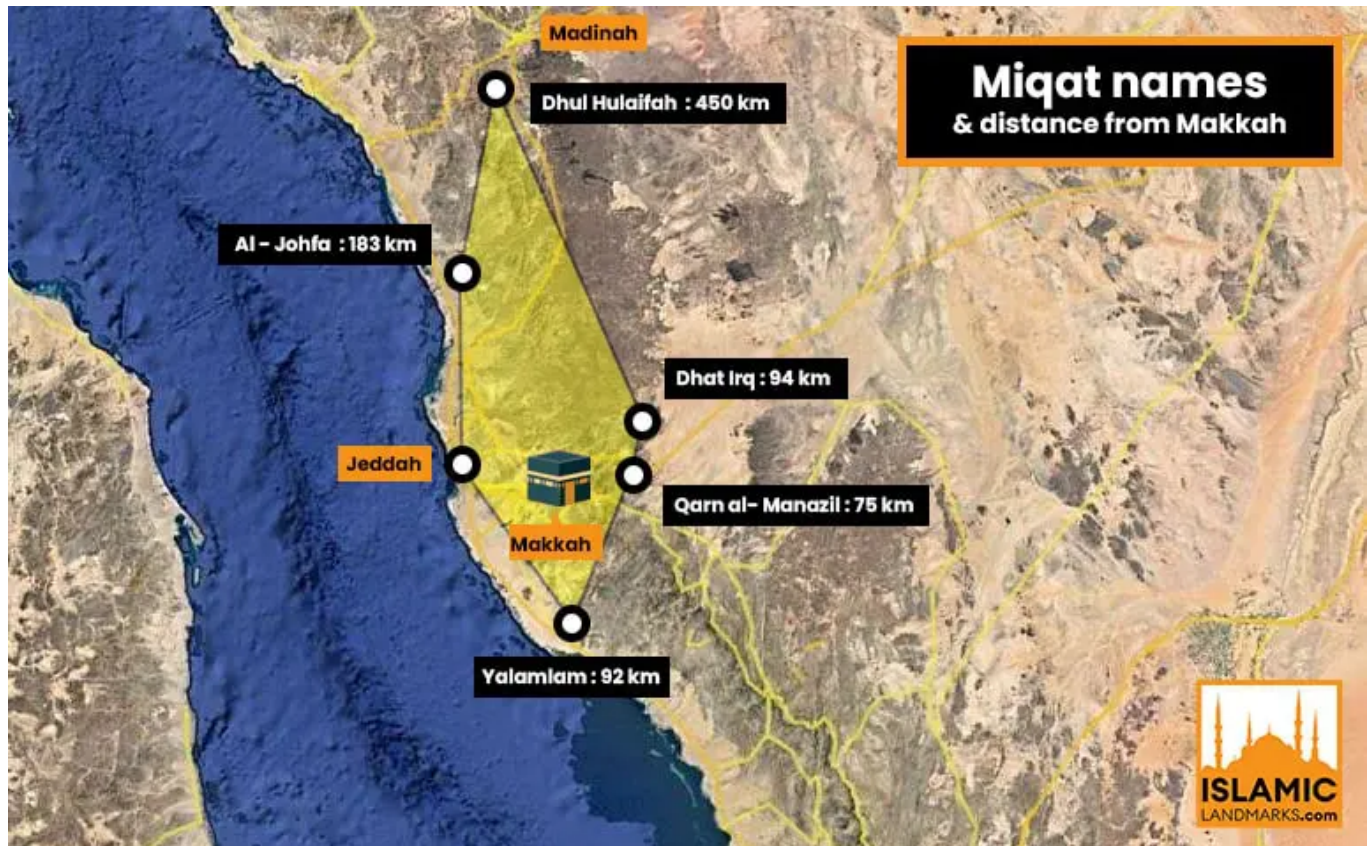
It was narrated that 'Aishah said:

"I said: 'O Messenger of Allah, is Jihad obligatory for women?' He said: "Yes: Upon them is a Jihad in which there is no fighting: Al-Hajj and Al-'Umrah."

Reference : Sunan Ibn Majah Book of Hajj Rituals Hadith 2901

MIQAT

The Miqat boundary is where pilgrims intending to perform Hajj or Umrah pilgrimage must enter the state of ihram before crossing into.



It was narrated that 'Aishah said:

"The Messenger of Allah designated Dhul-Hulaifah as the Miqat for the people of Al-Madinah, Al-Juhfah for the people Ash-sham and Egypt, Dhat 'Irq for the people Al-'Iraq, Qarn for the people of Najd and Yalamlam for the people of Yemen."

Reference : Sunan an-Nasa'i Vol. 3, Book of Hajj, Hadith 2657

You will need to check which miqat is applicable to you , depending from which direction will you be entering the boundaries of Mecca.

Ihram

The word Ihram is derived from the Arabic verb harama (Arabic: حرم), which means “to be forbidden”. It refers to a state of purity the pilgrim is required to be in to perform Hajj, Umrah or both before entering the perimeter of Makkah. After having made the intention for Ihram, the pilgrim must abide by its prohibitions. An individual in the state of Ihram is known as a “Muhrim” , literally meaning “one who has made things forbidden upon himself.” The two-piece garment worn by men is also referred to as the Ihram.

Whilst we usually associate the Ihram with the two white cloths worn by pilgrims, it is actually much deeper than this. The Ihram is a sacred state of both mind and body into which a Muslim enters before performing Hajj or 'Umrah.

Restrictions of Ihram :

When you enter the state of Ihram(niyat/intention), the following acts become prohibited:

- 1.Using Perfume (including the use of perfumed soap and shampoo).
- 2.Women covering their face or wearing hand gloves.
- 3.Men covering their head with any cap/turban or any head cloak,wearing any type of stitched clothing(shirts/pants),shoes/sandals which cover their ankle.
- 4.Trimming nails.
- 5.Cutting hair
- 6.Getting married/Propose/Arrange a marriage -
- 7.Engaging in sexual activity with your spouse-
- 8.Hunting an animal
- 9.Engaging in a quarrel or fight
- 10.Commit any sin

References :

Sunan an-Nasa'i Book of Funerals Hadith 1905

Sunan Abu Dawood Book of The Rites of Hajj (Kitab Al-Manasik Wa'l-Hajj)
Hadith 1823

Sahih al-Bukhari Book of Pilgrimage (Hajj) Hadith 615

[al-Baqarah 2:196]

Sunan an-Nasa'i Book of Marriage Hadith 3278

[al-Baqarah 2:197]

[al-Maidah 5:95]

Recommended things to do before getting into Ihram :

Prior to wearing the Ihram attire, its highly recommended you should be in a state of physical purity and take care of your personal hygiene such as :

Clip your finger and toenails.

Remove the hair under the armpits and the pubic hair.

For men - Trim the moustache

Steps to get into the state of Ihram :

Step 1.Perform Ghusl .

Reference : Sunan an-Nasa'i Book of Ghusl and Tayammum Hadith 429

Step 2. For men - After Ghusl , It's a sunnah for men to apply perfume(non alcoholic) on their head and beard, ensuring not to get any on the Ihram garments.

Its also a sunnah for men to oil and comb your hair .

Reference :

Sunan Ibn Majah Vol. 4, Book of Hajj Rituals, Hadith 2926

Sahih al-Bukhari Vol. 2, Book of Pilgrimage (Hajj), Hadith 612

Sunan Abu Dawood Vol. 2, Book of The Rites of Hajj (Kitab Al-Manasik Wa'l-Hajj), Hadith 1742

Sahih Muslim Book of Pilgrimage Hadith 2694

Sahih al-Bukhari Vol. 2, Book of Pilgrimage (Hajj), Hadith 617

Sahih al-Bukhari Vol. 2, Book of Pilgrimage (Hajj), Hadith 625

Step 3.Put on the Ihram garments :

For men –

Consist of two, normally white, clean seamless pieces of cloth. The sheet which wraps around the waist covering the lower body is known as the izar, and the sheet that is draped over the upper body like a shawl is known as the rida.

Slippers or Sandals shouldn't cover the ankle & should be below it.

Reference : Sahih al-Bukhari Book of Pilgrimage (Hajj) Hadith 617

For women –

Women need to ensure their face is not veiled and do not wear gloves. Other than this, you can wear your Hijab and Abaya/Jilbab as usual, covering the entire body, ensuring it is not transparent, not tight. It is best to wear something simple and plain without any adornments. Women can also wear regular socks and footwear that cover their feet.

Reference : Sunan Abu Dawood Book of The Rites of Hajj (Kitab Al-Manasik Wa'l-Hajj) Hadith 1823

Step 4. Recite tasbeeh before entering ihram

الحمد لله	“Alhamdu-lillah”.	(All praise is due to Allah)
سبحان الله	“Subhan-Allah”	(Glory be to Allah)
الله أكبر	“Allahu akbar”	(Allah is Most Great)

References :

Sahih al-Bukhari Book of Pilgrimage (Hajj) Hadith 623

Sunan Abu Dawood Book of The Rites of Hajj (Kitab Al-Manasik Wa'l-Hajj) Hadith 1792

Step 5. Niyat (Intention) for Umrah :

If it is the time for an obligatory prayer, it is recommended to enter the state of Ihram (make intention/niyat) after performing the obligatory prayer.

There is no specific nafl prayer called as Salat-ul-Ihram for entering ihram, as there is no report to that effect from the Prophet (Peace be upon him).

References :

Sahih al-Bukhari Vol. 2, Book of Pilgrimage (Hajj), Hadith 773

Sahih al-Bukhari Vol. 2, Book of Pilgrimage (Hajj), Hadith 620

Sunan Abu Dawood Vol. 2, Book of The Rites of Hajj (Kitab Al-Manasik Wa'l-Hajj), Hadith 1770

Sahih al-Bukhari Vol. 2, Book of Pilgrimage (Hajj), Hadith 625

If you are performing Umrah for yourself –

Arabic :

لَبَّيْكَ بِعُمْرَةٍ

English :

“Labbaika bi-‘Umratin”

Translation :

(Here I am (O Allah), for ‘Umrah).

References :

Sunan Ibn Majah Vol. 4, Book of Hajj Rituals, Hadith 2969

Sunan Ibn Majah Vol. 4, Book of Hajj Rituals, Hadith 2968

Sunan Abu Dawood Vol. 2, Book of The Rites of Hajj (Kitab Al-Manasik Wa'l-Hajj), Hadith 1791

If you are performing Umrah on behalf of someone –

Arabic :

لَبَّيْكَ بِعُمْرَةٍ عَنْ “Name of person”

English :

“Labbaika bi-‘Umratin An “Name of person””.

Translation :

(Here I am (O Allah), for ‘Umrah on behalf of “Name of person”).

Reference : Sunan Abu Dawood Vol. 2, Book of The Rites of Hajj (Kitab Al-Manasik Wa'l-Hajj), Hadith 1807

Once you have made/said your intention you have entered the state of Ihram , and you need to do this before crossing the miqat and all the restrictions of Ihram(page no.6) are now upon you.

Land at Jeddah or Madina

If you plan to land at the Jeddah airport :

Jeddah airport falls within the miqat boundry , hence you cannot reach Jeddah airport and then enter the state of Ihram.

Steps 1-3 (page no.7)- You may do these steps at your home / home airport /layover airport and

Step 4-5(page no.8-9)- As your flight approaches the miqat ,most often the pilot will make an announcement(confirm it with the flight crew), so you can follow these steps before you crossover the miqat.

If you plan to land at the Madina Airport :

The miqat for Madina is Dhul-Hulaifah,which is around 18kms south west of Masjid Al Nabawi.

After your stay at Madina , when you plan to leave for Mecca to perform Umrah:

Travelling by road (Bus/Car) :

In this case you can do all the steps from 1-5 (page no.7-9) of getting into the state of Ihram at Dhul-Hulaifah Miqat point , and then cross the miqat and proceed to Mecca.

Travelling by flight/bullet train(haramain) :

Steps 1-3 (page no.7)- You may do these steps at your hotel in Madina.

Step 4-5 (page no.8-9)- As your flight/train approaches the miqat ,most often the pilot will make an announcement(confirm it with the crew), so you can follow these steps before you crossover the miqat.

Ensure you make your intention(Step 5) before crossing over the miqat in all cases.

2. Recite Talbiyah from the miqaat (state of ihram) until the beginning of tawaf.

Men to recite loudly, while women in a low voice.

Recite the talbiyah :

Arabic :

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ إِنَّ الْحَمْدَ
وَالنِّعْمَةَ لَكَ وَالْمُلْكَ لَا شَرِيكَ لَكَ

English :

Labbayk Allahumma labbayk, labbayka la sharika laka labbayk, inna Al-hamda
wa'l-ni'matah laka wal-mulk, la sharika lak

Translation:

(Here I am, O Allah, in response to your call, here I am. Here I am, in response
to your call, You have no partner, here I am. Verily all praise and grace and
dominion are Yours, You have no partner).

Reference : Sahih al-Bukhari Book of Pilgrimage (Hajj) Hadith 621

3. Upon entering the Masjid Al Haram (For all mosque)

Recite :

Arabic :

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

English :

Allahumma salli 'ala Muhammad, Allahummaftah li abwaba rahmatika

Translation :

(O Allah, send blessings upon Muhammad, O Allah, open to me the gates of
Your mercy).

Reference : Sunan Abu Dawood Vol. 1, Book of Prayer (Kitab Al-Salat),
Hadith 465

TAWAF

4. Tawaf around the Kabah :

a. Stop reciting the talbiyah .



b. It is a Sunnah for a man to uncover the right shoulder throughout tawaf (this is called idtiba), by baring the right shoulder and placing the two ends of the rida (upper garment) on the left shoulder. (As shown in the image above).

In tawaf, it is Sunnah for men to walk rapidly (raml) in the first three rounds, taking short steps.

References :

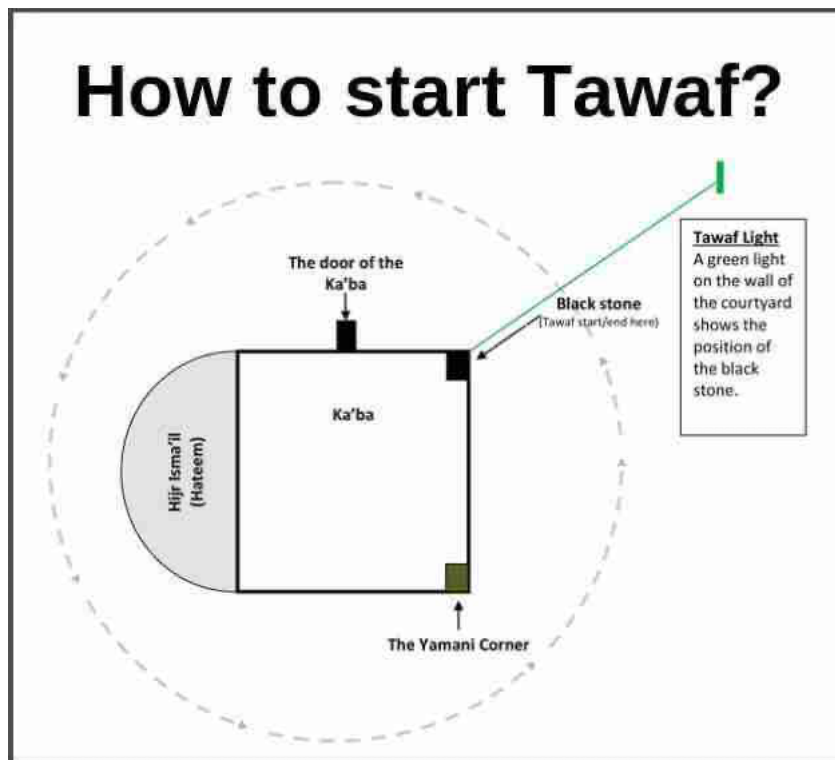
Sunan Abu Dawood Book of The Rites of Hajj (Kitab Al-Manasik Wa'l-Hajj)
Hadith 1879

Sunan Abu Dawood Book of The Rites of Hajj (Kitab Al-Manasik Wa'l-Hajj)
Hadith 1884

Jami` at-Tirmidhi Vol. 2, Book of Hajj, Hadith 856

Sahih al-Bukhari Vol. 2, Book of Pilgrimage (Hajj), Hadith 673

c.Starting the Tawaf from the Black stone .



Before you start the first tawaf it is a sunnah act to kiss if not then touch the Black Stone if one is able to reach it without harming/pushing people.

If not it is sufficient to point to the Black Stone when you stand in line with it from a distance, saying,

الله أكبر “Allahu akbar” (Allah is Most Great)

and you start your first round of tawaf.

For the 2nd round until the 7th round , if your unable to kiss/touch the black stone , as you come in line with it without stopping , you can point towards it and say "Allahu akbar" each time.

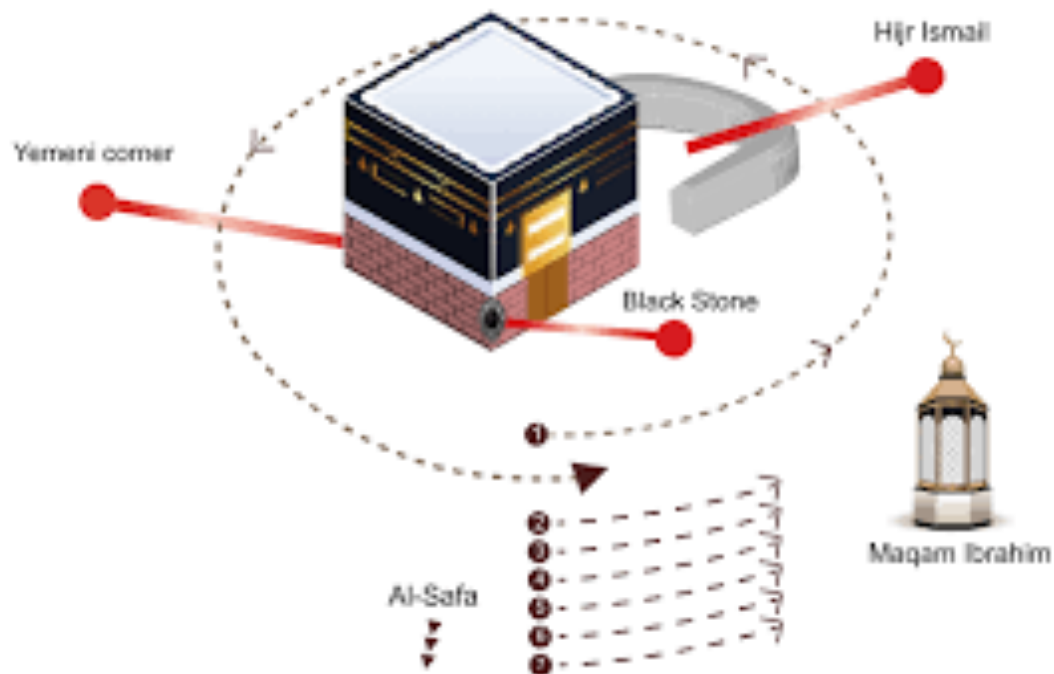
References :

Sahih al-Bukhari Book of Pilgrimage (Hajj) Hadith 682

Sunan Abu Dawood Book of The Rites of Hajj (Kitab Al-Manasik Wa'l-Hajj) Hadith 1868

Sahih al-Bukhari Book of Pilgrimage (Hajj) Hadith 677

Jami` at-Tirmidhi Vol. 2, Book of Hajj, Hadith 856



d.Touching the Yemini Corner(Corner before the Black Stone):

While performing Tawaf, it is a sunnah to touch the Yemini corner in all 7 rounds if possible.

References :

Sunan an-Nasa'i Vol. 3, Book of Hajj, Hadith 2950

Sunan Ibn Majah Vol. 4, Book of Hajj Rituals, Hadith 2946

Sunan Abu Dawood Book of The Rites of Hajj (Kitab Al-Manasik Wa'l-Hajj) Hadith 1871

e.Between the Yemini Corner and the Black Stone :

The Yemini corner is the corner before the black stone.

When you are in between the Yemeni Corner and the Black Stone you should recite:

Arabic :

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

English

“Rabbana atina fi’l-dunya hasanah wa fi’l-akhirah hasanah wa qina ‘adhab al-nar”

Translation :

(Our Lord, give us that which is good in this world and that which is good in the Hereafter, and protect us from the torment of the Fire).”

Quran 2:201.

Reference : Sunan Abu Dawood Book of The Rites of Hajj (Kitab Al-Manasik Wa'l-Hajj) Hadith 1887

In the rest of the Tawaf you may say whatever you like of dhikr (remembering Allah) and dua (supplication).

There is no prescribed dua/dhikr apart from the ones mentioned above during tawaf.

There are no specific duas for each circuit of tawaf, hence one should beware of booklets that many pilgrims carry, in which there is a specific dua for each round.

It is sunnah to touch only the yemini corner and the black stone during tawaf ,but few perform the tawaf while touching & wiping the hands over all the corners of the Kabah, or its walls/door/covering or Maqam Ibrahim.All this is not lawful as it was not done by the Prophet (Peace be upon him).

MAKAM IBRAHIM

5. Prayer at Makam Ibrahim :



After the 7th round of tawaf, you will end the tawaf at the black stone.

Men should cover their right shoulder again.

You should pray two rakahs behind Maqam Ibrahim with the Maqam between you and the Kabah, if possible. Otherwise you may offer this prayer anywhere in the mosque.

It is a sunnah to recite Surah al-Kafirun in the first rakah and Surah al-Ikhlâs in the 2nd rakah after Surah Al Fatiha.

References :

Jami` at-Tirmidhi Vol. 2, Book of Hajj, Hadith 856

Sunan an-Nasa'i Book of Hajj Hadith 2966

Touching the Black stone again after the above prayer :

It is a sunnah to touch the Black stone , if possible before leaving for As -Safa.

References :

Jami` at-Tirmidhi Vol. 2, Book of Hajj, Hadith 856

Sunan an-Nasa'i Book of Hajj Hadith 2966

AS-SAFA & AL-MARWAH

6.As-Safa and Al-Marwa

Proceed towards As-Safa .

When you come near it recite :

English :

Innas Safa Wal Marwata Min Sha'a'irillahi

Abda'u Bi Maa Bada' Allahu Bih

Arabic:

إِنَّ الصَّافَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ

أَبْدَأُ بِمَا بَدَأَ اللَّهُ بِهِ

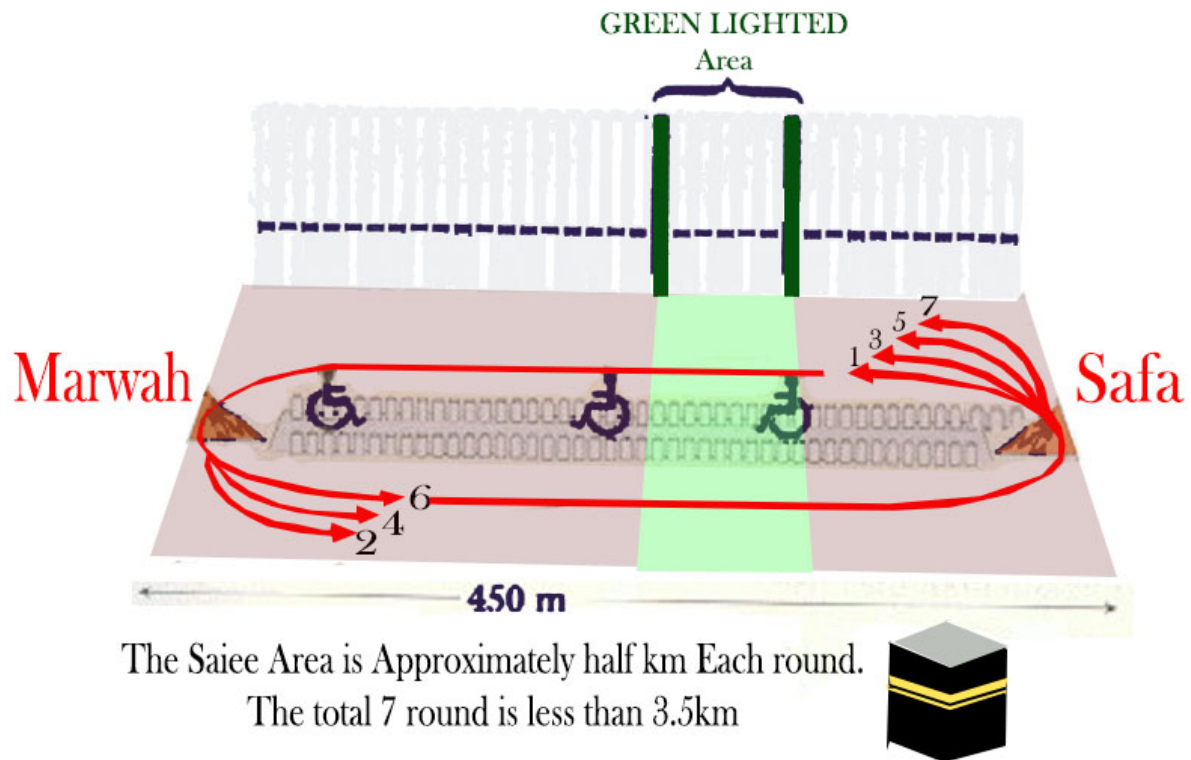
Transalation :

1.Indeed, 'the hills of' Safa and Marwah are among the symbols of Allah.
(Quran 2:158)

2. I begin with what Allah (has commanded me) to begin.

This is to be recited only once while approaching As-Safa for the first time.

Reference : Sahih Muslim Vol. 3, Book of Pilgrimage, Hadith 2803



Start at As-Safa

Lap 1-Climb As-Safa→Follow steps 1-7 on page 19→Walk to Al-Marwa.
Lap 2-Climb Al-Marwah→ Follow steps 1-7 on page 19→Walk to Al-Safa.
Lap 3-Climb As-Safa→ Follow steps 1-7 on page 19→Walk to Al-Marwa.
Lap 4-Climb Al-Marwah→ Follow steps 1-7 on page 19→Walk to Al-Safa.
Lap 5-Climb As-Safa→ Follow steps 1-7 on page 19→Walk to Al-Marwa.
Lap 6-Climb Al-Marwah→ Follow steps 1-7 on page 19 →Walk to Al-Safa.
Lap 7-Climb As-Safa→ Follow steps 1-7 on page 19 →Walk to Al-Marwa.
Exit from Al-Marwah.

While you walk from Al-Safa to Al-Marwah and Al-Marwah to As-Safa ,there is no prescribed dua or supplication , so you may recite whatever dua/supplication you want while walking.

Greenzone- The walkway from As-safa to Al-Marwah and from Al-Marwah to As-Safa will have a green lighted area (as shown in the image above).

For Men :

Each time you are crossing the above mentioned Greenzone, you need to run from the 1st green pillar to the 2nd pillar , as you come out of the greenzone , you need to walk at normal pace.

Steps to be followed everytime you climb As-Safa and Al-Marwah :

Step 1 –

Turn to face towards the Qibla (Kabah) and recite :

Arabic :

اللَّهُ أَكْبَرُ X 3 times

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ أَنْجَزَ وَعْدَهُ وَنَصَرَ عَبْدَهُ وَهَزَمَ الْأَحْزَابَ وَحْدَهُ

English :

“

Allahu akbar x 3 times

La ilaha ill-Allaah wahdahu la sharika lah, lahu'l-mulk wa lahu'l-hamd wa huwa 'ala kulli shay'in qadir; La ilaha ill-Allah wahdahu anjaza wa'dah wa nasara 'abdah wa hazama al-ahzaba wahdah “

Translation :

“Allah is the greatest

There is no god but Allah Alone, with no partner or associate, His is the dominion and to Him be praise, and He is able to do all things; there is no god but Allah Alone, He fulfilled His promise and granted victory to His slave and defeated the confederates Alone.”

Step 2: After you recite the above mentioned dhikr once

Step 3 : Make any dua (supplication) you want /wish

Step 4 : Then again repeat the above mentioned dhikr for the second time

Step 5 : Again make any dua (supplication) you want/wish

Step 6 :For the 3rd time repeat the above mentioned dhikr.

Step 7 : Again make any dua (supplication) you want/wish.

Reference : Sahih Muslim Vol. 3, Book of Pilgrimage, Hadith 2803
Sunan an-Nasa'i Vol. 3, Book of Hajj, Hadith 2975

SHAVING THE HEAD/ CUTTING THE HAIR

7. Shaving the head / cutting the hair :

After you exit Al-Marwah and come out , you will find many barber/salon shops.

It is a sunnah for men to shave their entire head.

If not cut their hair from all sides equally.

It was narrated from Abu Hurairah that the Messenger of Allah ﷺ said: “O Allah, forgive those who shave (their heads).” They said: “O Messenger of Allah, and those who cut (their hair)?” He said; “O Allah, forgive those who shave (their heads),” three times. They said: “O Messenger of Allah, and those who cut (their hair)?” He said: “And those who cut (their hair).”

Reference : Sunan Ibn Majah Book of Hajj Rituals Hadith 3043

The woman cuts from the length of her hair what is about equal to the width of a finger.

References :

Sahih al-Bukhari Vol. 2, Book of Pilgrimage (Hajj), Hadith 788

Sahih al-Bukhari Book of Pilgrimage (Hajj) Hadith 784

Jami` at-Tirmidhi Book of Hajj Hadith 912

With this the rites of Umrah are completed and you are free from all the restrictions of Ihram .

You can now exit the Ihram and get into your normal clothing.

EARN EXTRA REWARD

8. Grab the opportunity to earn extra reward :

a. Plan your Umrah trip well , ensure not to miss any salah in the Haram :

For the time you will be in Mecca & Madina , do not miss any salah in the Haram (Masjid Al Haram and Masjid Al Nabawi).

It was narrated from Jabir that the Messenger of Allah ﷺ said:

“One prayer in my mosque is better than one thousand prayers elsewhere, except the Sacred Mosque, and one prayer in the Sacred Mosque is better than one hundred thousand prayers elsewhere.”

Reference : Sunan Ibn Majah Book of Establishing the Prayer and the Sunnah Regarding Them Hadith 1406

b. Perform as many voluntary tawaf :

After your Umrah is complete , for the time you are in Mecca, you can perform as many voluntary tawaf . In voluntary tawaf you do not wear the Ihram and hence all restrictions of Ihram are not valid anymore. Men & women can wear their normal clothing, make your intention and perform the tawaf as described from page no.13-16.

c. While you are in Madina , do not miss the reward of an Umrah by praying in Masjid Quba (within 5 kms from Masjid Al Nabawi) :

(Sahl) bin Hunaif said:

“The Messenger of Allah ﷺ said: ‘Whoever purifies himself in his house, then comes to the Quba’ Mosque and offers one prayer therein, will have a reward like that for ‘Umrah.’”

Reference : Sunan Ibn Majah Book of Establishing the Prayer and the Sunnah Regarding Them Hadith 1412

d. Book your permit for the Rawdah :

As you get your Umrah visa , you need to download the Nusuk app and book your permit to get a slot to enter the Rawdah .

As the Prophet (Peace be upon him) described the rawdah :

Narrated 'Ali bin Abi Talib and Abu Hurairah:

that the Messenger of Allah ﷺ said: "Whatever is between my house and my Minbar is a garden from the gardens of Paradise."

Jami` at-Tirmidhi Book of Virtues Hadith 3915