

Umrah — the essentials

The basic and required steps, in order. The full guide and every reference are on the site.

01 Ihram الإحرام

- 1.1 **Get clean.** Ghusl, trim your nails, tidy your hair.
- 1.2 **Get dressed.** Men: two white sheets. Women: normal modest clothes.
- 1.3 **Make your intention.** At the miqat, say: Labbayk Allahumma 'umrah.
- 1.4 **Say the Talbiyah.** Say it often, all the way to the Ka'bah.
- 1.5 **Ihram rules.** Until your Umrah is done, avoid these.

AT THE MIQAT REQUIRED

لَبَّيْكَ اللَّهُمَّ عُمْرَةً

Labbayk Allahumma 'umrah
Here I am, O Allah, for Umrah.

FROM THE MIQAT UNTIL TAWAF BEGINS SUNNAH

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ، لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ، إِنَّ الْحَمْدَ وَالنِّعْمَةَ لَكَ وَالْمُلْكُ، لَا شَرِيكَ لَكَ

Labbayk Allahumma labbayk. Labbayka la sharika laka labbayk. Innal-hamda wan-ni'mata laka wal-mulk. La sharika lak.

Here I am, O Allah, here I am. Here I am, You have no partner, here I am. All praise, all blessings and all dominion are Yours.
You have no partner.

02 Tawaf الطواف

- 2.1 **Enter the masjid.** Right foot first. Say the du'a.
- 2.2 **Uncover your right shoulder.** Men only: top sheet under the right arm, over the left shoulder.
- 2.3 **Start at the Black Stone.** Face it. Touch, kiss or point. Say Allahu akbar.
- 2.4 **Walk seven circuits.** Ka'bah on your left. Each circuit ends at the Black Stone.
- 2.5 **The Yemeni corner.** Touch it if you can. Then say Rabbana atina.
- 2.6 **Pray two rak'ah.** Behind Maqam Ibrahim, or anywhere in the masjid.
- 2.7 **Drink Zamzam.** Drink, and ask Allah for anything.

03 Sa'i السعي

- 3.1 **Go to Safa.** As you get close, recite the verse. Then climb.
- 3.2 **On Safa.** Face the Ka'bah. Raise your hands. Praise Allah. Make du'a.
- 3.3 **Walk to Marwah.** Men run between the green lights. Walk the rest.
- 3.4 **On Marwah.** Do the same as on Safa.

3.5 Seven laps. Safa to Marwah is one. Back is two. Finish on Marwah.

04 Hair الحلق أو التقصير

4.1 Men: shave or trim. Shaving is best. Or trim evenly from the whole head.

4.2 Women: trim. Gather the ends and cut about a fingertip's length.

4.3 Umrah complete. Your ihram is over. Every rule is lifted.

Every step above is evidenced on umrah.study – hadith with gradings, and the positions of Imam Malik, Imam Ahmad, an-Nawawi and Ibn al-Qayyim.