

Umrah — the full guide

Every step with its guidance, du'as and main references. Labels follow the widely held view — where scholars differ, the site's library sets out the positions. For your own situation, ask a scholar you trust.

01 Ihram الإحرام

Enter the sacred state

1.1 Get clean

Ghusl, trim your nails, tidy your hair.

- Take a full bath (ghusl) before the miqat. Home or hotel is fine.
- Trim nails and tidy hair now. You can't once in ihram.
- Men: put perfume on your head and beard, not on the ihram cloth.
- Women on their period do this too.

Evidence: Sahih al-Bukhari 1539

1.2 Get dressed

Men: two white sheets. Women: normal modest clothes.

- Men: one sheet around the waist, one over the shoulders.
- Men: no shirt, trousers, underwear, socks or hat. Wear open sandals.
- Women: any loose, modest clothes, in any colour.
- Women: no niqab and no gloves.

Good to know: A belt, money pouch, watch, glasses and umbrella are all fine. · Many scholars say a woman may let her scarf hang over her face near men who aren't mahram.

Evidence: Sahih al-Bukhari 1543 · Sahih al-Bukhari 1838

1.3 Make your intention

At the miqat, say: Labbayk Allahumma 'umrah.

- The intention in your heart is what begins ihram. Say it out loud as you make it.
- Say it at the miqat or before it. Never after passing it.
- If a prayer is due, pray it first. Then make your intention.
- Worried you might not finish, through illness or delay? Add the condition.

AT THE MIQAT REQUIRED

لَبَّيْكَ اللَّهُمَّ عُمْرَةً

Labbayk Allahumma 'umrah

Here I am, O Allah, for Umrah.

Sahih Muslim 1251

AT THE MIQAT, ONLY IF YOU FEAR SOMETHING MAY STOP YOU FINISHING OPTIONAL

اللَّهُمَّ مَحِلِّي حَيْثُ حَبَسْتَنِي

Allahumma mahilli haythu habastani

O Allah, I leave ihram wherever You hold me back.

Sahih al-Bukhari 5089, Sahih Muslim 1207

Evidence: Sahih Muslim 1251 · Sahih al-Bukhari 5089 · Sahih al-Bukhari 1524

1.4 Say the Talbiyah

Say it often, all the way to the Ka'bah.

- Men say it aloud. Women say it quietly.
- Keep saying it on the road, at the hotel and as you walk in.
- Stop when you begin tawaf.

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.

Sahih al-Bukhari 1549, Sahih Muslim 1184

Evidence: Sahih al-Bukhari 1549

1.5 Ihram rules

Until your Umrah is done, avoid these.

- Cutting hair or nails
- Perfume on body or clothes
- Men: stitched clothes, or covering the head
- Women: niqab or gloves
- Hunting
- Marriage, or proposing
- Intimacy

Good to know: Allowed: showering, changing into a fresh ihram, a belt, a watch, glasses, an umbrella. · Did one of these by mistake? Stop straight away, and ask a scholar if anything is due. · Period started? Stay in ihram. Do everything except tawaf until you are pure. Sa'i comes after tawaf, so wait, then do tawaf and sa'i together.

Evidence: Sahih al-Bukhari 1543 · Sahih al-Bukhari 1838 · Sahih Muslim 1409 · Sahih al-Bukhari 1650

02 Tawaf الطواف

Seven circuits around the Ka'bah

2.1 Enter the masjid

Right foot first. Say the du'a.

- Make sure you have wudu. Tawaf is like prayer.
- Step in with your right foot.

STEPPING IN, RIGHT FOOT FIRST SUNNAH

أَعُوذُ بِاللَّهِ الْعَظِيمِ، وَبِوَجْهِهِ الْكَرِيمِ، وَسُلْطَانِهِ الْقَدِيمِ، مِنَ الشَّيْطَانِ الرَّجِيمِ

A'udhu billahil-'azim, wa bi-wajhihil-karim, wa sultanihil-qadim, minash-shaytanir-rajim

I seek refuge in Allah the Almighty, in His noble Face and His eternal authority, from Satan the outcast.

Sunan Abi Dawud 466

اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Allahummaf-tah li abwaba rahmatik

O Allah, open for me the doors of Your mercy.

Sahih Muslim 713

Evidence: Sahih al-Bukhari 168 · Sahih Muslim 713 · Sunan Abi Dawud 466 · Jami' al-Tirmidhi 960

2.2 Uncover your right shoulder

Men only: top sheet under the right arm, over the left shoulder.

- Only during this tawaf. Cover it again straight after.
- Women: nothing changes.

Evidence: Sunan Abi Dawud 1883

2.3 Start at the Black Stone

Face it. Touch, kiss or point. Say Allahu akbar.

- Line up with the Black Stone corner. A green light on the wall opposite marks the line.
- If you can reach it, touch it and kiss it.
- If you can't, raise your right hand towards it and keep walking.
- Never push anyone to reach it.

STARTING TAWAF, AND EACH TIME YOU PASS IT SUNNAH

بِسْمِ اللَّهِ، وَاللَّهُ أَكْبَرُ

Bismillah, wallahu akbar

In the name of Allah. Allah is the Greatest.

Sahih al-Bukhari 1613 · Ibn 'Umar

Evidence: Sahih al-Bukhari 1613 · al-Albani رحمه الله · Sahih al-Bukhari 1597

2.4 Walk seven circuits

Ka'bah on your left. Each circuit ends at the Black Stone.

- Men: brisk, short steps for the first three. Normal pace for the last four.
- There is no set du'a for each circuit. Make your own, in any language.
- Go around the curved wall (Hijr Isma'il), not through it.
- Say Allahu akbar each time you pass the Black Stone.
- Lost count? Go with the lower number.

Good to know: If the prayer starts, join it. Then carry on from where you stopped.

Evidence: Sahih al-Bukhari 1604 · Sahih al-Bukhari 1613

2.5 The Yemeni corner

Touch it if you can. Then say Rabbana atina.

- It's the corner just before the Black Stone.
- Touch it with your right hand if it's easy. Don't kiss it or point to it.
- Between it and the Black Stone, say Rabbana atina.

EVERY CIRCUIT, BETWEEN THE YEMENI CORNER AND THE BLACK STONE SUNNAH

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Rabbana atina fid-dunya hasanah, wa fil-akhirati hasanah, wa qina 'adhaban-nar

Our Lord, give us good in this world and good in the Hereafter, and protect us from the punishment of the Fire.

Sunan Abi Dawud 1892

Evidence: Sahih al-Bukhari 1609 · Sunan Abi Dawud 1892

2.6 Pray two rak'ah

Behind Maqam Ibrahim, or anywhere in the masjid.

- Men: cover your right shoulder first.
- Recite the verse as you walk towards it.
- Recite al-Kafirun and al-Ikhlâs, one in each rak'ah.
- Keep it short. If it's crowded, pray further back.

ON THE WAY TO PRAY THE TWO RAK'AH SUNNAH

وَاتَّخِذُوا مِنْ مَّقَامِ إِبْرَاهِيمَ مُصَلًّى

Wattakhidhu min maqami Ibrahima musalla

And take the standing place of Ibrahim as a place of prayer.

al-Baqarah 2:125 · Sahih Muslim 1218

Evidence: Sahih Muslim 1218

2.7 Drink Zamzam

Drink, and ask Allah for anything.

- Zamzam coolers are all around the masjid.
- Say Bismillah, drink, and make your own du'a.
- Then, if it's easy, go back and touch the Black Stone.

AFTER THE TWO RAK'AH YOUR OWN DU'A

بِسْمِ اللَّهِ

Bismillah

In the name of Allah. Then ask Allah for whatever you need, in your own words.

Sahih Muslim 2473 · Sunan Ibn Majah 3062

Evidence: Sahih Muslim 2473 · Sunan Ibn Majah 3062 · Sahih Muslim 1218

03 Sa'i السعي

Seven laps between Safa and Marwah

3.1 Go to Safa

As you get close, recite the verse. Then climb.

- Follow the signs for Safa.
- Recite the verse only here, before your first lap.
- Climb until you can see the Ka'bah, if you can.

BEFORE THE FIRST LAP ONLY SUNNAH

إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ — أَبْدَأُ بِمَا بَدَأَ اللَّهُ بِهِ

Innas-Safa wal-Marwata min sha'a'irillah. Abda'u bima bada'allahu bih.

Safa and Marwah are among the symbols of Allah. I begin with what Allah began with.

al-Baqarah 2:158 · Sahih Muslim 1218

Evidence: Sahih Muslim 1218

3.2 On Safa

Face the Ka'bah. Raise your hands. Praise Allah. Make du'a.

- Raise your hands as in du'a, not as in prayer.
- Say the dhikr, then make du'a. Do this three times.
- Make it as long or short as you like.

EVERY TIME YOU STAND ON SAFA OR MARWAH, FACING THE KA'BAH **SUNNAH**

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

Allahu akbar. La ilaha illallahu wahdahu la sharika lah, lahul-mulku wa lahul-hamd, wa huwa 'ala kulli shay'in qadir. La ilaha illallahu wahdah, anjaza wa'dah, wa nasara 'abdah, wa hazamal-ahzaba wahdah.

Allah is the Greatest. None has the right to be worshipped but Allah alone, with no partner. His is the dominion and His is the praise, and He has power over all things. None has the right to be worshipped but Allah alone. He fulfilled His promise, helped His servant, and alone defeated the confederates.

Sahih Muslim 1218

Evidence: Sahih Muslim 1218

3.3 Walk to Marwah

Men run between the green lights. Walk the rest.

- Women walk the whole way.
- Say any du'a or dhikr you like, or read Qur'an.
- Wudu is better, but not required for Sa'i.

ANY TIME WHILE WALKING **OPTIONAL**

رَبِّ اغْفِرْ وَارْحَمْ، إِنَّكَ أَنْتَ الْأَعَزُّ الْأَكْرَمُ

Rabbighfir warham, innaka antal-a'azzul-akram

My Lord, forgive and have mercy. You are the Most Mighty, the Most Generous.

Evidence: Sahih Muslim 1218 · رحمه الله ابن حajar

3.4 On Marwah

Do the same as on Safa.

- Face the Ka'bah, raise your hands, say the dhikr and make du'a.
- Do this at every visit to Safa and Marwah.

EVERY TIME YOU STAND ON SAFA OR MARWAH, FACING THE KA'BAH **SUNNAH**

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

Allahu akbar. La ilaha illallahu wahdahu la sharika lah, lahul-mulku wa lahul-hamd, wa huwa 'ala kulli shay'in qadir. La ilaha illallahu wahdah, anjaza wa'dah, wa nasara 'abdah, wa hazamal-ahzaba wahdah.

Allah is the Greatest. None has the right to be worshipped but Allah alone, with no partner. His is the dominion and His is the praise, and He has power over all things. None has the right to be worshipped but Allah alone. He fulfilled His promise, helped His servant, and alone defeated the confederates.

Sahih Muslim 1218

Evidence: Sahih Muslim 1218

3.5 Seven laps

Safa to Marwah is one. Back is two. Finish on Marwah.

- Laps 1, 3, 5 and 7 end at Marwah.

Good to know: There is no prayer after sa'i. When your seventh lap ends at Marwah, go straight to the final step.

04 Hair الحلق أو التقصير

Shave or trim, and you're done

4.1 Men: shave or trim

Shaving is best. Or trim evenly from the whole head.

- The Prophet ﷺ made du'a three times for those who shave.
- If you trim, cut from all over the head, not just one patch.

Evidence: Sahih al-Bukhari 1727

4.2 Women: trim

Gather the ends and cut about a fingertip's length.

- Women do not shave.
- Do it in private. A mahram or another woman can help.

Evidence: Sunan Abi Dawud 1985

4.3 Umrah complete

Your ihram is over. Every rule is lifted.

- Change your clothes. Everything is allowed again.
- Leaving the masjid? Say the du'a.

WALKING OUT SUNNAH

Allahumma inni as'aluka min fadlik

O Allah, I ask You of Your bounty.

Sahih Muslim 713

اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

Evidence: Sahih al-Bukhari 1773