# The Umrah Guide

### Pre-requisites

- Have an ihram (two pieces of cloth) + belt
- Make sure you've shaven any unwanted hair and clipped your nails.

## Step 1- State of ihram

- 1. Tie the ihram.
- 2. Once you've reached the migat point, make the intention and also articulate it with the dua:
- 3. Labbayk allahumma bi umrah or labbayk allahumma umratan

- 4. Once the intention is made and your are in the state of ihram, you cannot put on any perfume or remove hair or cut nails.
- 5. When in the state of ihram, you should say the takbeer until you reach the haram.

### Step 2 - Tawaaf

- 1. Once you are in the tawaf, start at the black stone
- 2. With your right hand facing it and say: bismillah Allahu akbar
- 3. Uncover your right shoulder, and its sunnah to pace walk in the first three circuits.
- 4. Now you've started the tawaf, which consists of 7 circuits around the kaabah.
- 5. During the circuits you can recite any dua
- 6. When you reach the Yemeni corner, you recite the dua "rabbana atina...." until you reach the black stone.
- 7. When you reach the black stone, repeat from step 2 of this slide.
- 8. Do this until you've completed 7 circuits.
- 9. On the last circuit, finish at the black stone do not repeat step 2.

### Step 3 – maqam ibrahim

- 1. You've finished your tawaf, now you will pray 2 rakat.
- 2. Navigate yourself behind the maqam Ibrahim, and pray 2 rakat.
- 3. The sunnah is to recite surah kafiroon on the  $1^{st}$  rakat, and then ikhlaas on the  $2^{nd}$ .
- 4. After the prayer it is sunnah to drink water, as well as put some on your head.
- 5. After this, make your way to safa and Marwa.

### Step 4 – Safa and Marwa

- 1. Start at mount safa, and recite the dua(found in the dua booklet)
- 2. Then make your way to mount marwa, during this you can recite any dua.
- 3. When you reach the green lights, you will need to jog/run.
- 4. Once at marwa, recite the dua again.
- 5. You will repeat this 7 times, and end the sa'i at marwa.

### Step 5 – the trimzino

- 1. Go to the barbers
- 2. You can choose to only cut a little bit of hair or go completely bald
- 3. There is more reward in going bald
- 4. After the haircut you have completed your umrah and have exited the state of ihram.
- 5. Slap someone's bald head for more xp.