

# 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 miqat 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 you 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. Now you've started the tawaf, which consists of 7 circuits around the kaabah.
4. During the circuits you can recite any dua
5. When you reach the Yemeni corner, you recite the dua "rabbana atina...." until you reach the black stone.
6. When you reach the black stone, repeat from step 2 of this slide.
7. Do this until you've completed 7 circuits.
8. 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 kafiroom on the 1<sup>st</sup> rakat, and then ikhlaas on the 2<sup>nd</sup> .
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 someones bald head for more xp.