

# THE IHRAAM

## A Guide for Pilgrims



Strategic partner



الهيئة العامة للآوقاف  
GENERAL AUTHORITY FOR AWQAF

وزارة الحج والعمرة  
MINISTRY OF HAJJ AND UMRAH



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# Introduction

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Ihraam is the first step in your journey of Hajj, and it is an act of the heart with which you enter into a great act of worship. Allah commanded us to form sincere intentions for Hajj and Umrah and to perform them for His sake, Glory be to Him, to the fullest extent. As the Almighty said: ***“And complete the Hajj or Umrah in the service of God.”***

**In this guide, you will learn everything you need to know about entering the state of Ihraam.**

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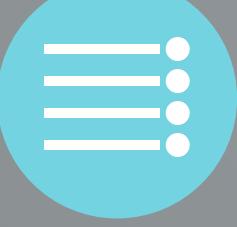
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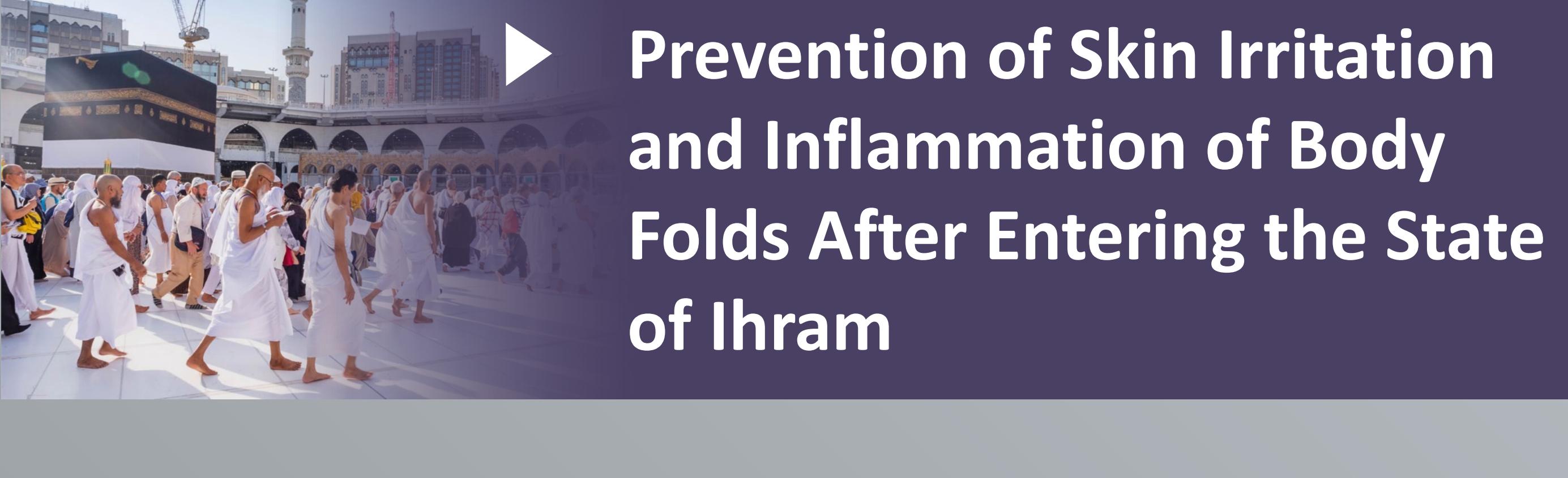




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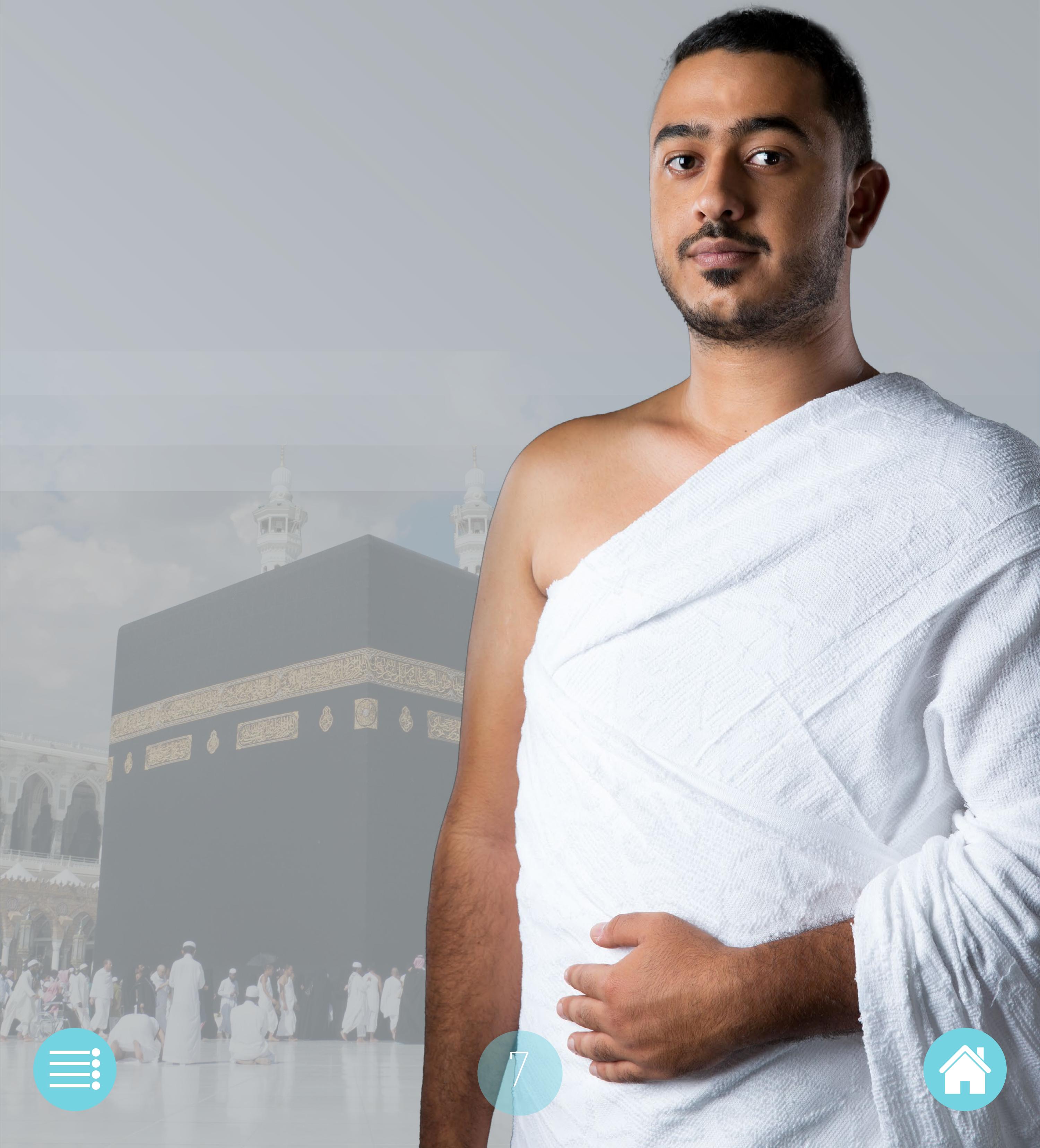
# What is Ihraam?

1

**It is entering into the act of worship for Hajj or Umrah**, which is done by forming the intention to enter into Umrah or Hajj and begins with the Talbiyah.

2

**One has to declare the exact form of worship that he intends** at the beginning of his Talbiyah, saying: “*Labbayka ‘Umratan*” or “*Labbayka Hajjan*”. By saying this he enters the state of Ihraam and starts his worship of Hajj or Umrah.



**3**

**It is Sunnah** to perform ghusl (bathe) or wudhu (ablution) and enter into Ihram after an obligatory prayer or after praying two rak'aat.

**4**

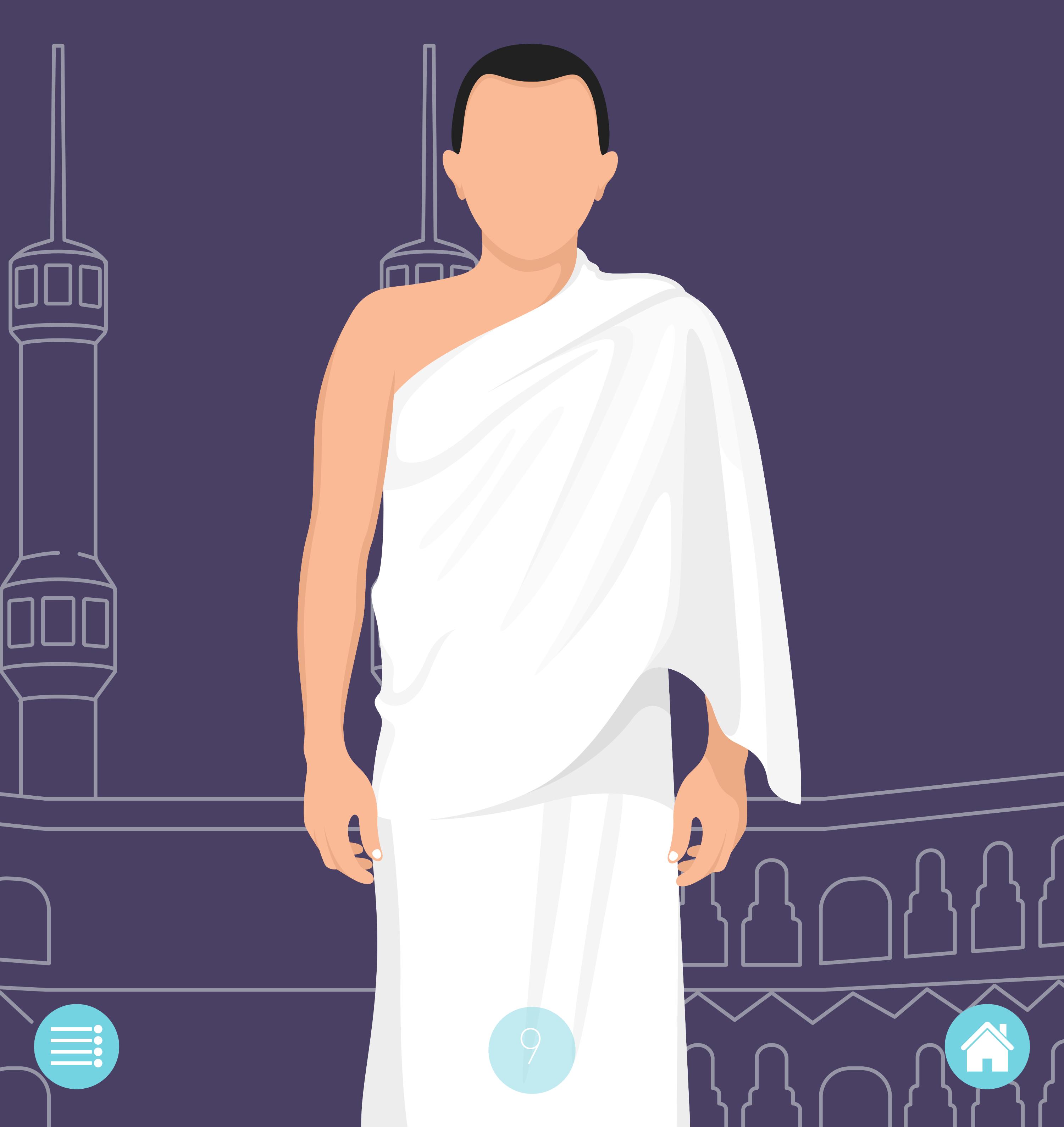
**As soon as he has formed the intention,** he will have begun his rituals and must abstain from all the prohibitions of Ihraam.



# The Clothes of *Ihraam*

**The person in Ihraam wears a robe which is wrapped around the lower part of his body, and a robe which covers the top. Its colour should be white.**

**He can use a buckle or belt** that wraps around his waist to hold his Izaar (the robe covering the lower part of his body) from falling and to keep his belongings, phone, and money in.

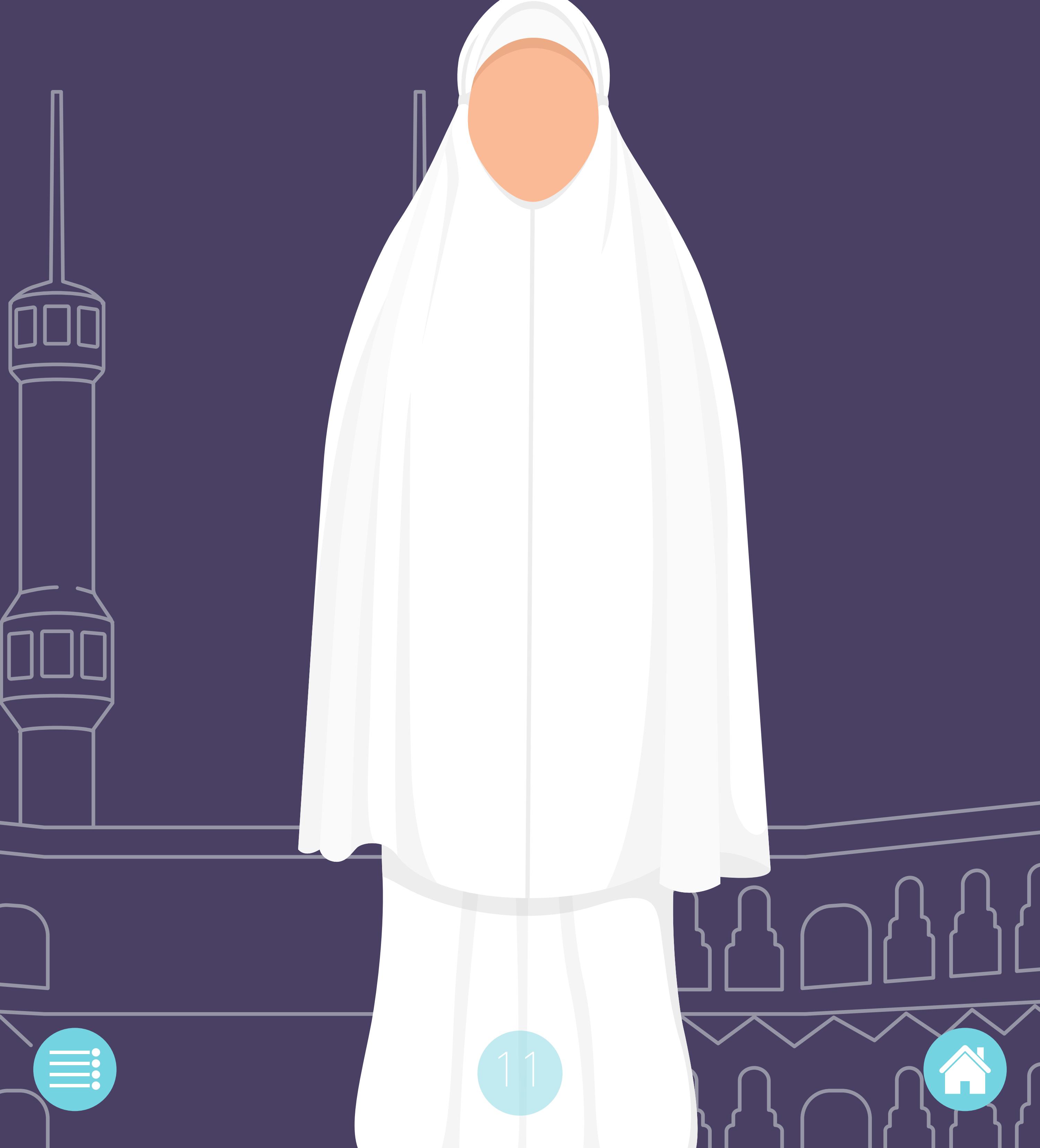


All people are equal in their dress and appearance, and are not separated by colour or material things, and they stand on equal footing, supplicating to Allah and imploring Him.



**Women take on the Ihraam in whatever clothes they want, provided that they are:**

- 1 Loose and wide, covers everything and does not hinder movement.**
- 2 It has no adornments which are attractive to men.**



# Stipulation

If the pilgrim performing Hajj or Umrah fears that he will not be able to complete his rituals due to a disease or a legitimate excuse or a reason outside of his control, then it is permissible for him to stipulate the intention. He does so by saying this after declaring his ritual when saying “Labbayka ‘Um-ratan” or “Labbayka Hajjan”:

**“If anything prevents me, then my place is where You prevented me.”**

**(he can say this in any language he prefers).**

**If he says this and stipulates a condition, and then something prevents him from completing the ritual, it is permissible for him to leave the state of Ihraam, and there is no atonement required from him.**







# Talbiyah

Talbiyah is when you say: “*Labbayk-Allaahumma labbayk, labbayka laa shareeka laka labbayk. Innal hamda wan-ni’matah laka wal-mulk, laa shareeka lak*” (“At Your service, Allah, at Your service. At Your service, You have no partner, at Your service. Truly all praise, favour and sovereignty is Yours. You have no partner.”)

**And its meaning is:** O Allah, we came, answering Your call to perform Hajj or Umrah time after time, acknowledging You in monotheism and worship, acknowledging Your grace and the perfection of Your supreme authority.

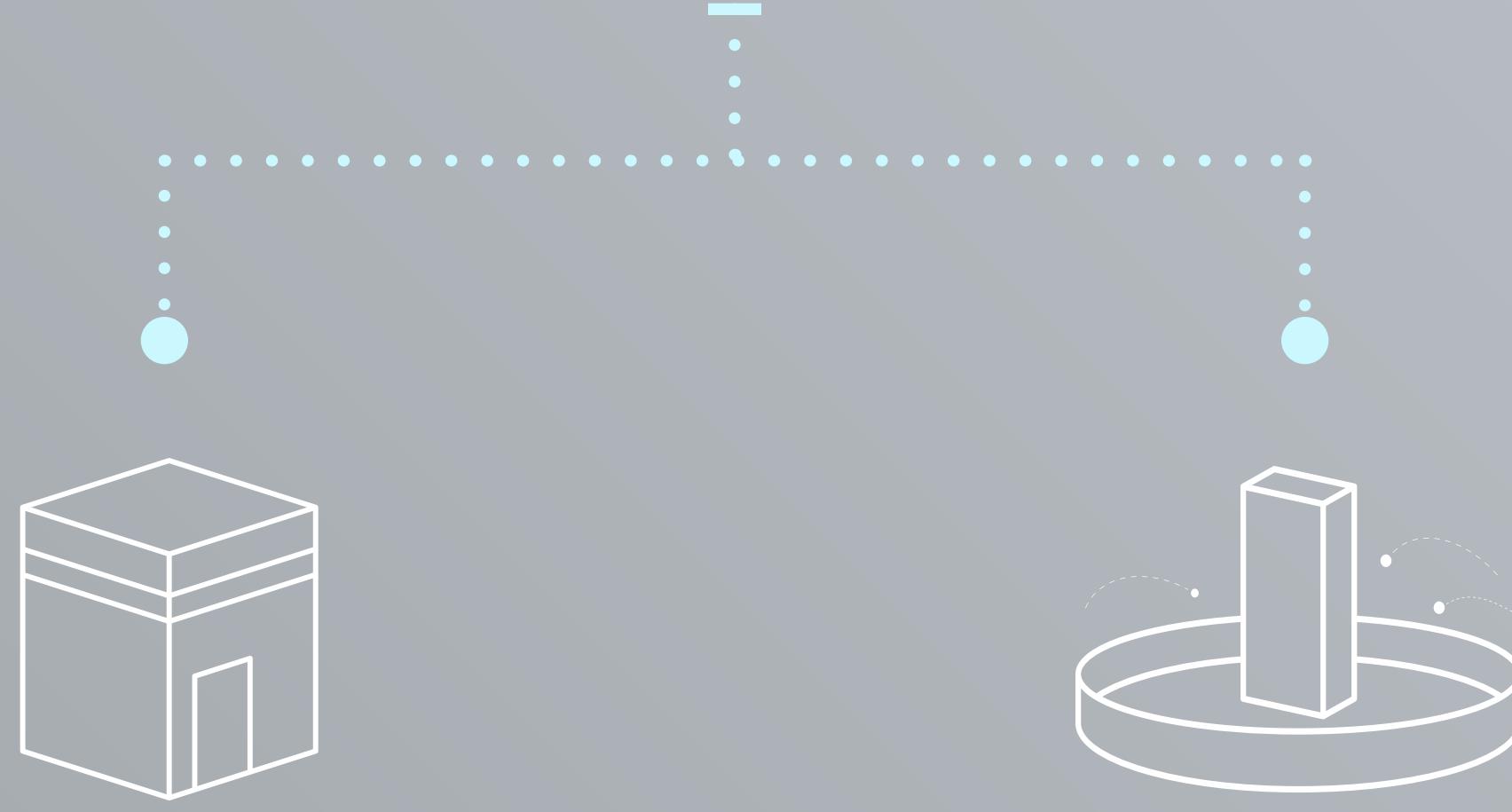
It is the majestic motto of the pilgrims, which declares servitude and obedience to the Creator, the Blessed, Glory be to Him.

**Men raise their voices and women perform talbiyah silently.**



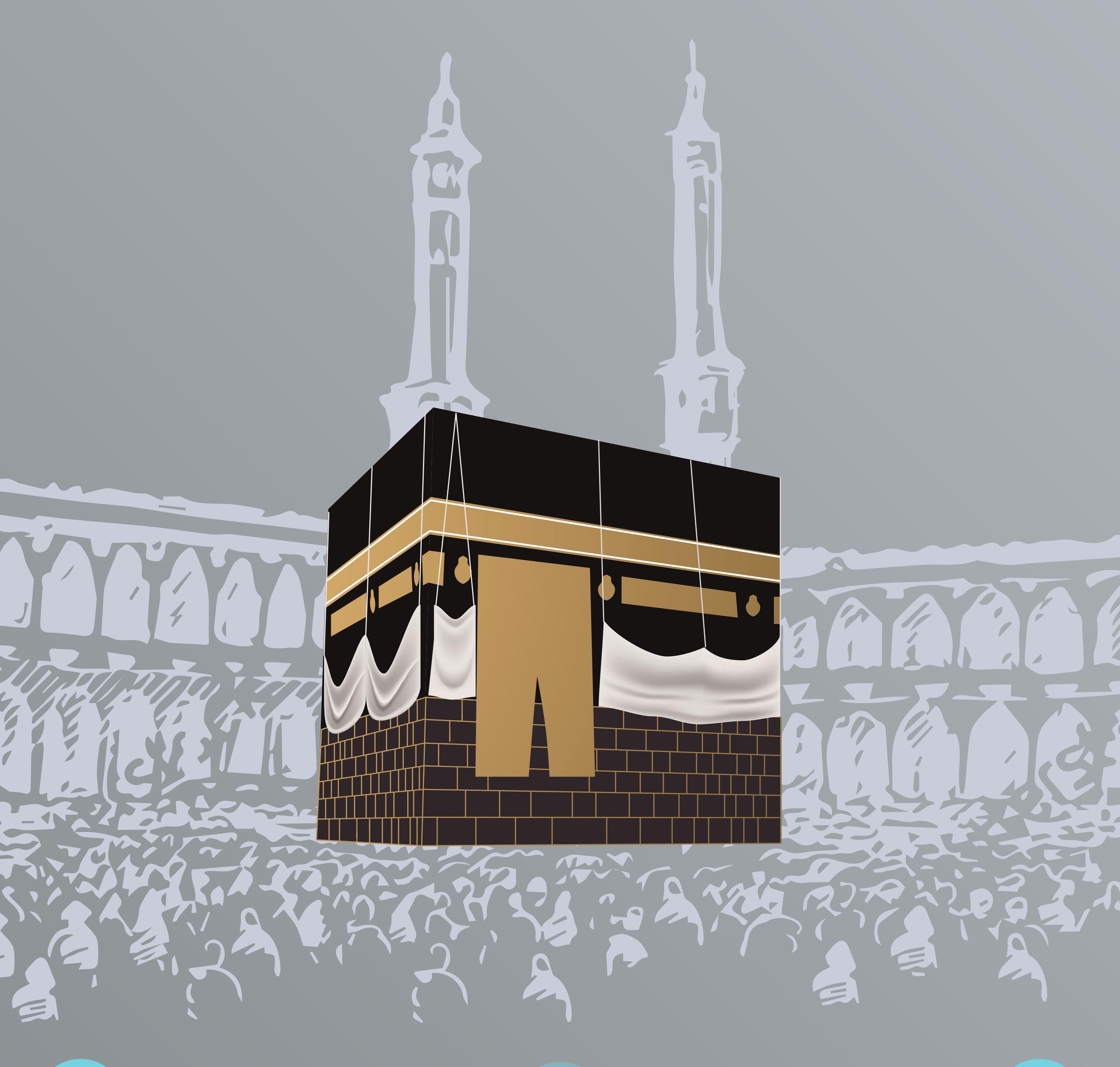
**Talbiyah starts from the beginning  
of Ihraam**

**And ends:**



**For the person  
performing Umrah:  
When they see the  
Ka'ba.**

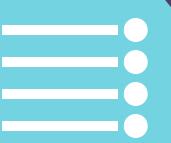
**For the person  
performing Hajj:  
When pelting  
Jamarat Al-Aqaba**

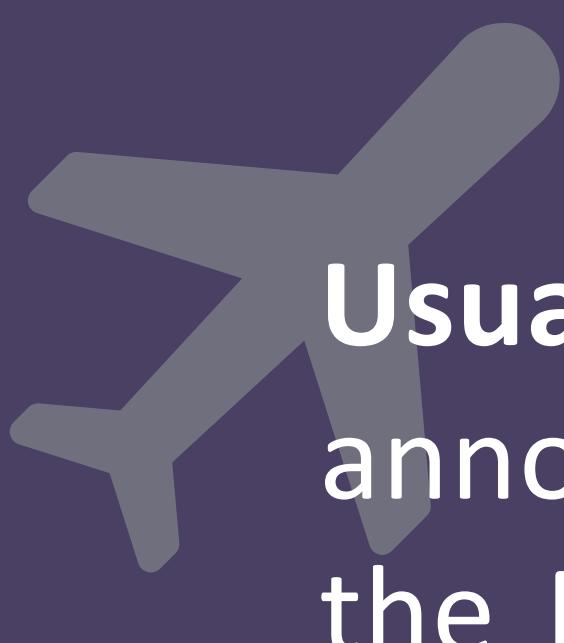


# The Miqat

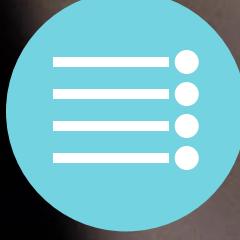
**f**In veneration of the Sacred House of Allah, the Messenger of Allah (ﷺ) specified places before Makkah from which those coming for Hajj and Umrah must enter the state of Ihraam. They begin reciting Talbiyah before they reach the boundaries of the Haram. These locations vary according to the location one is travelling from.

**The pilgrim or the visitor who lives far from Makkah** is obliged to enter the state of Ihraam from these Miqats or a place that is adjacent and parallel to them on their way, whether traveling by plane or land. One should not go beyond these points without entering Ihraam.





**Usually, planes coming to Jeddah** announce the timing of alignment with the Miqat, so that pilgrims coming for Hajj and Umrah can enter into the state of Ihram.





**There are three types of people when it comes to entering the state of Ihraam:**

**1**

**Whoever is in Makkah:**

**Enters the state of Ihraam to perform Umrah from the nearest place outside the Haram, such as the mosque of the Mother of the Believers ‘Aishah in Tan’im.**

**One takes on the state of Ihraam for Hajj from his current place.**

**2**

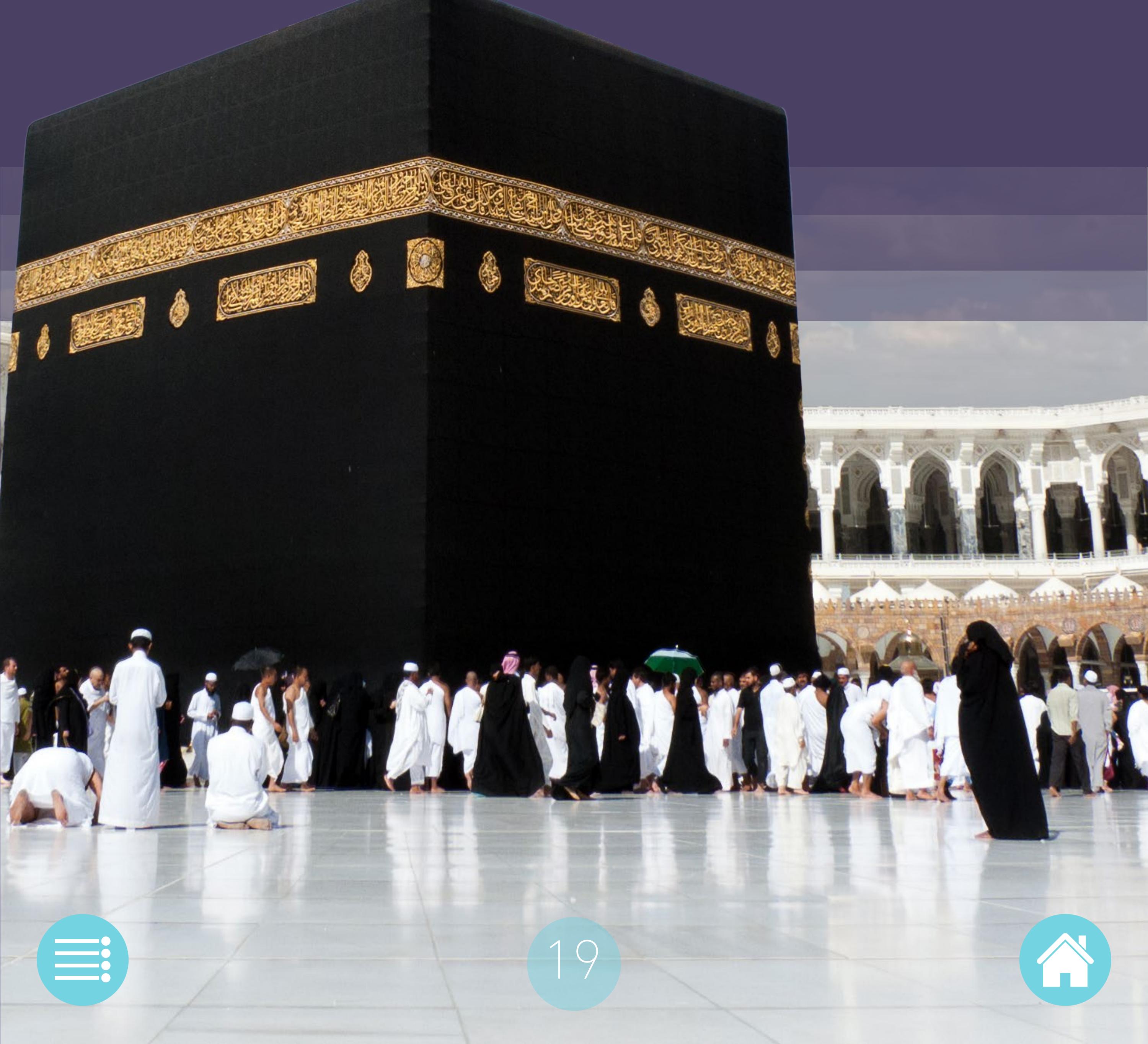
**Whoever is located between Makkah and the Miqat:**

**Enters into the state of Ihraam for Hajj and Umrah from his current place.**

**3**

**Whoever is beyond the Miqat:**

**Must enter the state of Ihraam from the Miqat or a location that is adjacent to it for Hajj or Umrah.**



## Dhul Hulayfah

Al-Juhfah

Dhat I rq

- 1 Inside the boundaries of the Haram

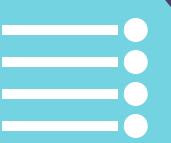


- 2 Between Makkah and the Miqats

Yalamlam

Qarn Al Manazil

- 3 Beyond the Miqats



- 1** **Dhul Hulaifa** The miqat for the people of Madinah, which is 420 km (260 miles) from Makkah.
- 2** **Al-Juhfah** The miqat for the people of the Levant and those on their way, and it is 187 km (116 miles) from Makkah. Nowadays people enter the state of Ihraam at 204 km (128 miles) from Rabigh.
- 3** **Qarn Al Manazil** The miqat for the people of Najd and those on their way, which is 94 km (58 miles) from Makkah.
- 4** **Yalamlam** The miqat for the people of Yemen and those on their way, 115 km (71 miles) from Makkah.
- 5** **Dhat Irq** The miqat for the people of Iraq and those on their way, and it is 92 km (57 miles) from Makkah.





# Prohibitions

## While in the State of Ihraam

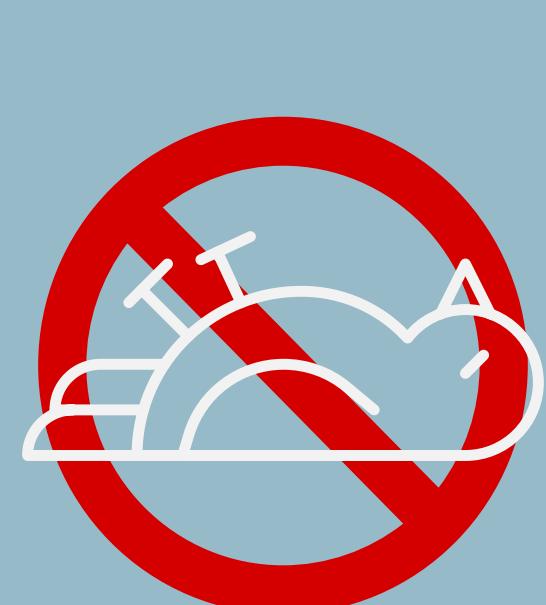
### General prohibitions



Sexual intercourse



Entering a marriage  
contract



Hunting



Shaving or  
clipping nails



Applying  
perfume



## Prohibitions for men



Covering the  
head



Wearing clothes that  
consist of sewn joints

## Prohibitions for women



Covering  
the face



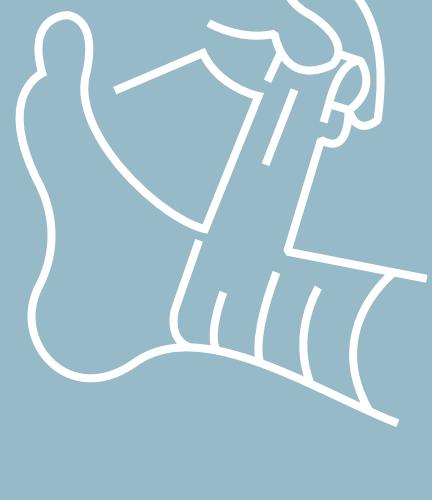
# Things which are not forbidden during *Ihram*



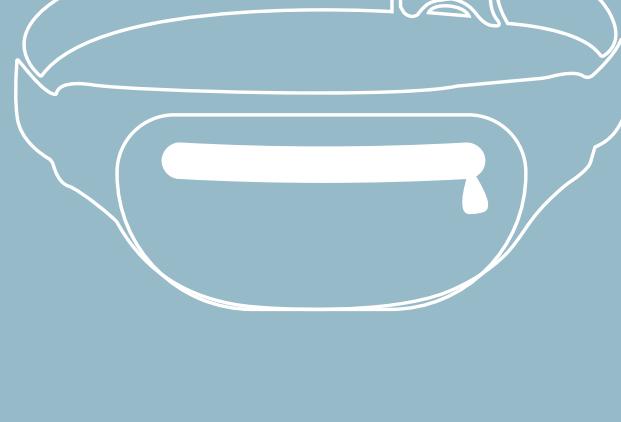
Showering



Wearing glasses, rings,  
and watches



Bandaging  
wounds



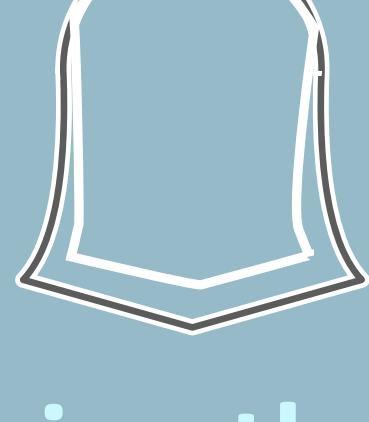
Wearing a belt and purse  
around the body



Wearing  
shoes



Carrying a  
parasol



Women covering their face when  
they fear tempting others or  
when there are men nearby



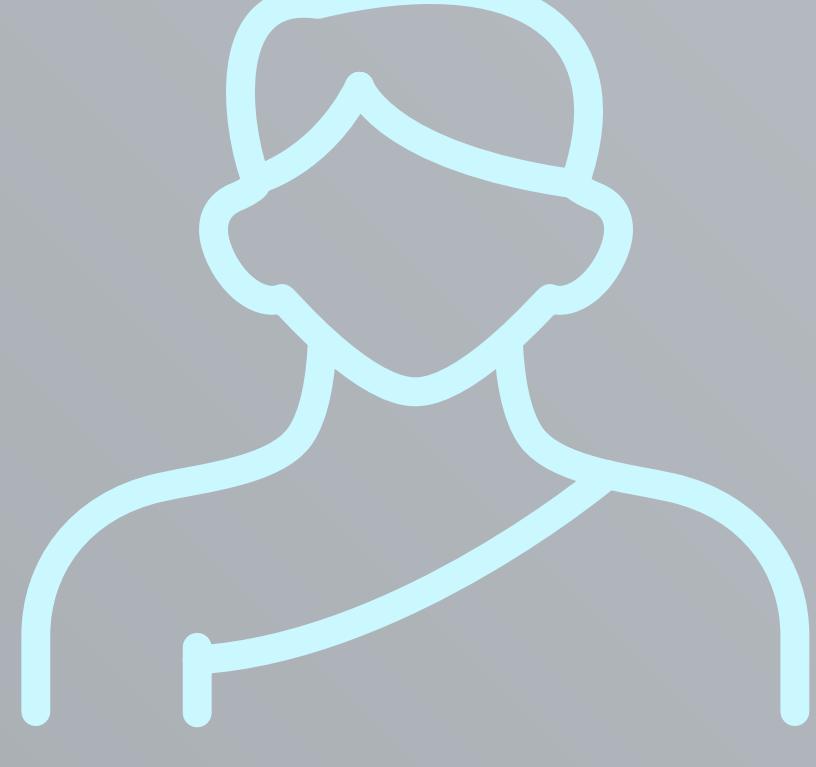


# **Prevention of Skin Irritation and Inflammation of Body Folds After Entering the State of Ihram**

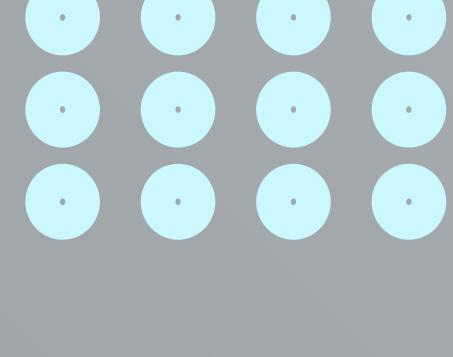
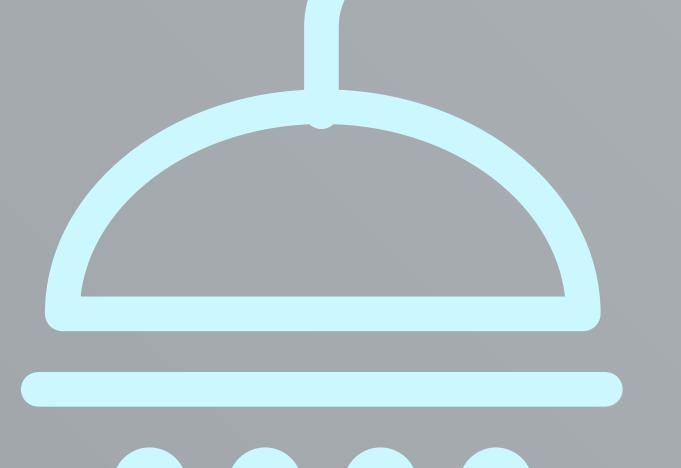
**The problem of skin irritation and inflammation of body folds is common among pilgrims performing Hajj and Umrah, especially among people with obesity or diabetes.** The skin becomes infected and redness occurs in the folds of the thighs, and sometimes in the armpits or under the breasts, accompanied by annoying and painful itching.



# How can you prevent this?



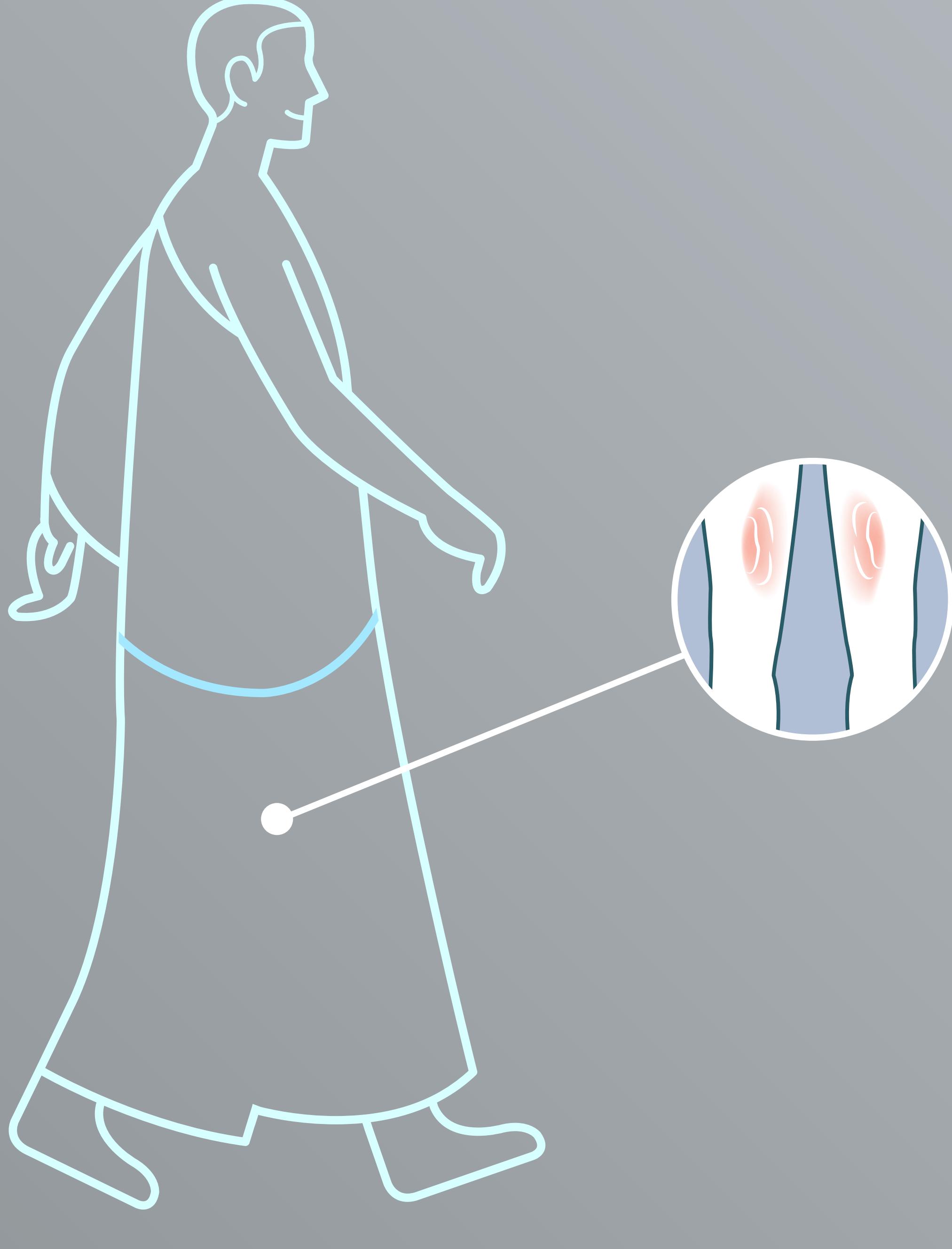
**Good ventilation** of body folds such as thighs and armpits.

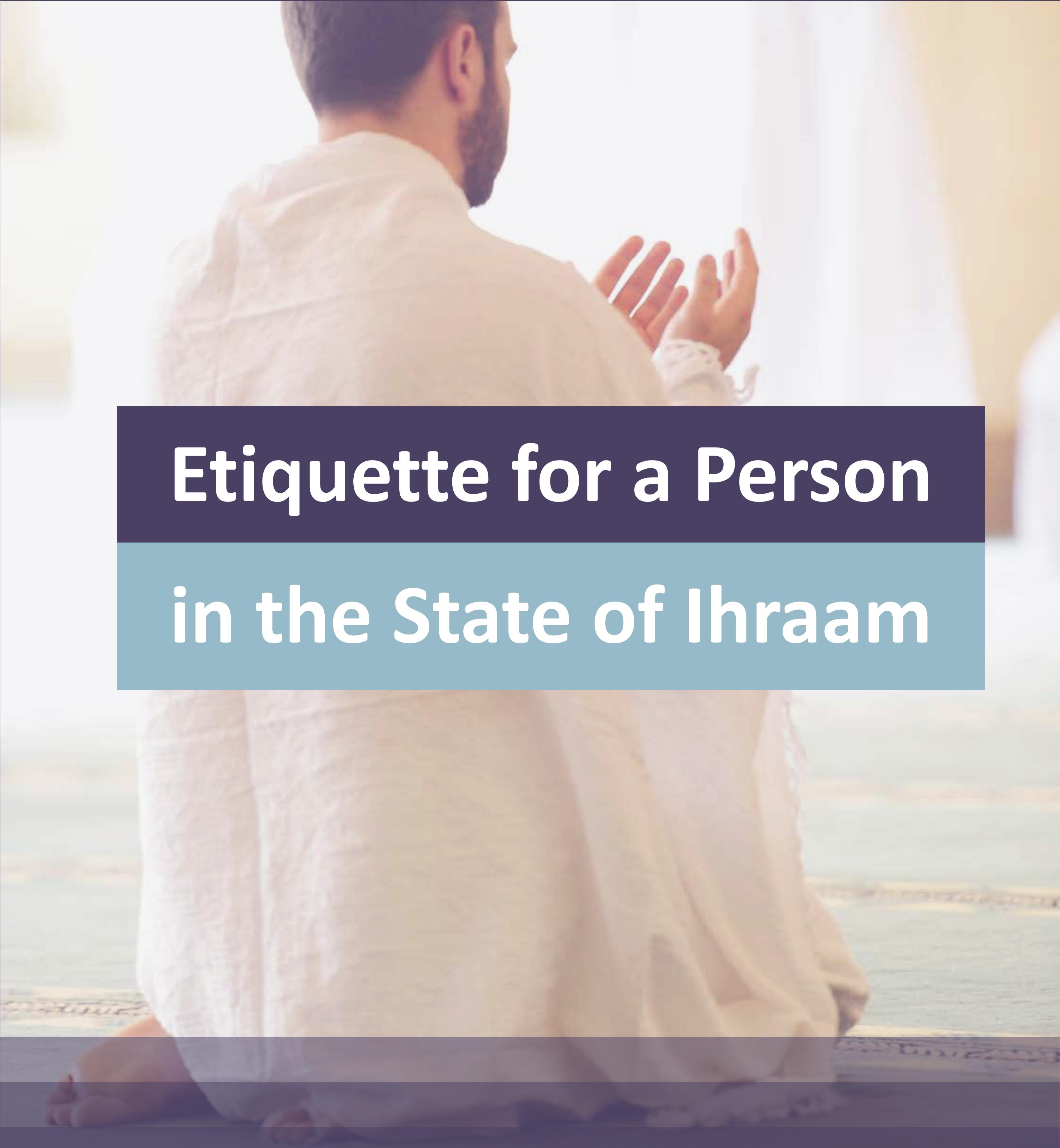


**Pay attention to personal hygiene** and use ointments on your body before walking.



**When infected, use healing ointments and wash the area well before applying the medication.**





# **Etiquette for a Person in the State of Ihraam**

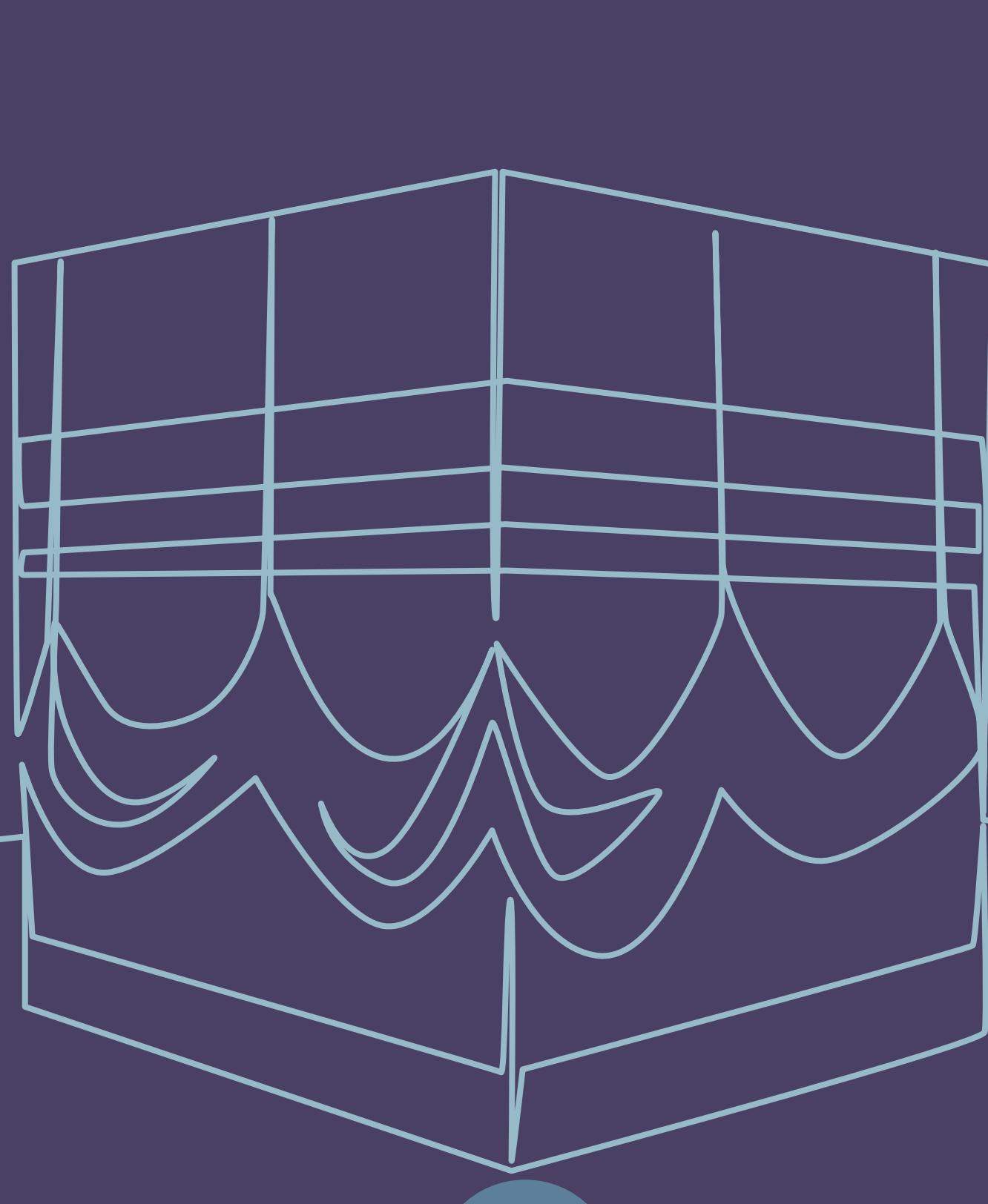
**From the moment the pilgrim performing Hajj and Umrah enters into the state of Ihraam, he is involved in a great act of worship and must mind his words, actions and behaviour and try to increase his rewards, as the Almighty said: (For Hajj are the months well known. If anyone undertakes that duty therein let there be no obscenity nor wickedness nor wrangling in the Hajj. And whatever good ye do (be sure) God knoweth it. And take a provision (with you) for the journey but the best of provisions is right conduct. So fear Me o ye that are wise!)**



**1** You have to renew your intentions and sincerity to Allah the Exalted. The fact that you came all the way to perform Hajj out of love for Allah and in response to His command, seeking His mercy and reward, and fearing His punishment. You did not come to show off or out of arrogance, nor so that people can say: “So-and-so performed Hajj”, nor to be called a pilgrim with the nickname “Haaj”.

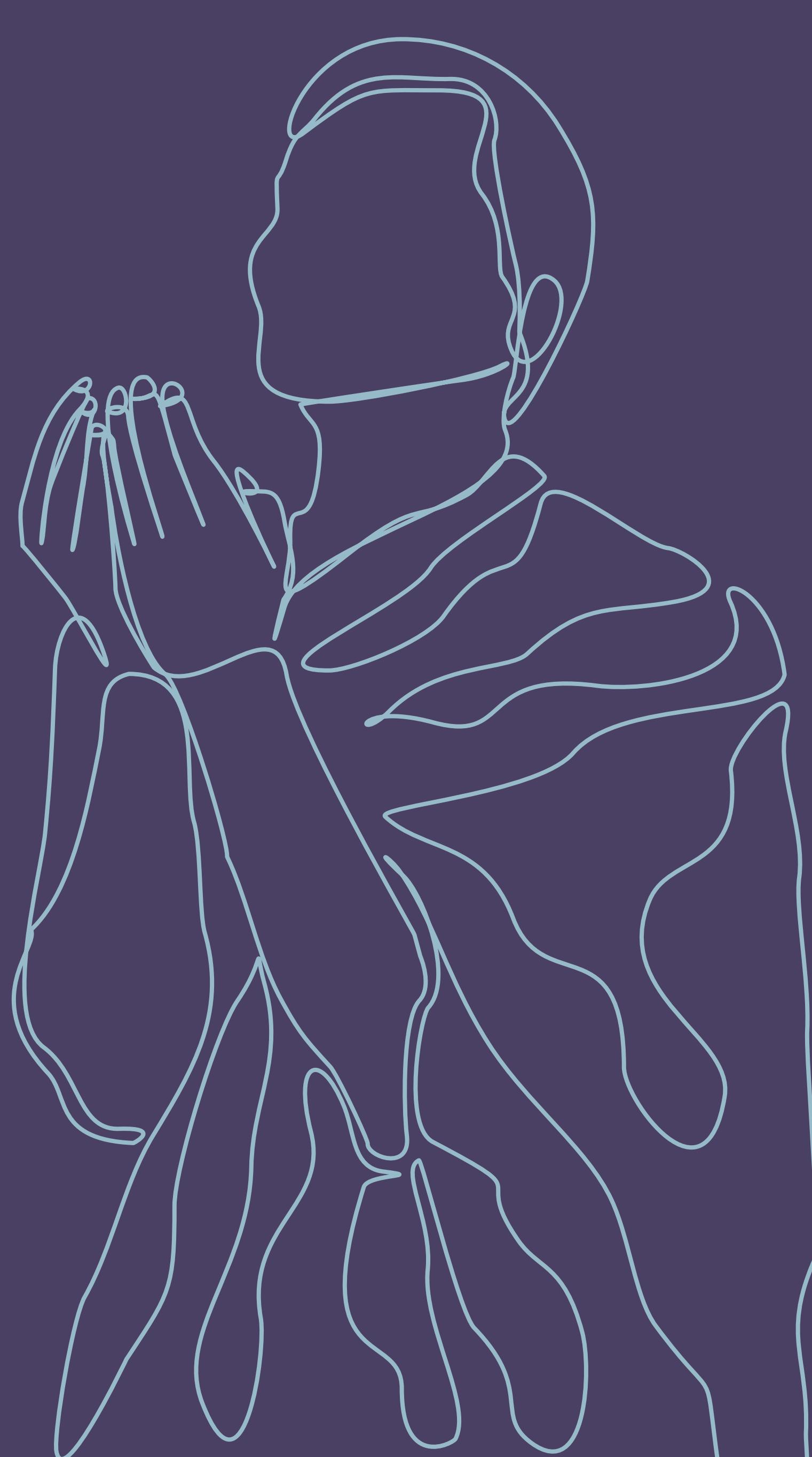
**2** Make sure to learn the rulings on Hajj and Umrah, and ask the people of knowledge in your group about anything that confuses you. You will also find all the information you need in this guide.

**3** Ensure you have good manners with people in general and with your Hajj companions in particular. This can be by greeting them with the salaam, smiling at them, refraining from arguments, and helping and assisting them when they need it.



**4** Tranquility and kindness when dealing with the various situations that confront you, as the Prophet said: (Allah is Forbearer and He loves forbearance, and rewards for forbearance while He does not reward severity, and does not give for any thing besides it (forebearance)).

**5** Follow the instructions of the officials and the group leaders to ensure a smooth journey without harming or disrupting other people.



# Important Contact Numbers

**911**

For emergency and  
security services

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**937**

Medical consultations  
and inquiries

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**920002814**

Ministry of Hajj and Umrah call center  
to answer inquiries from pilgrims

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**1966**

For inquiries about the Grand  
Mosque and the Prophet's Mosque



You can obtain the rest of the guides by visiting the website of the Ministry of Hajj and Umrah ([by clicking here](#)).

In these guides, you will find all the instructions and directions which will help you perform the Hajj rituals with ease and confidence.



Strategic partner

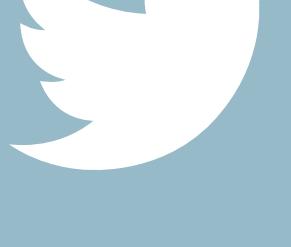


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