

ضيوف البيت
Al Bait Guests

لخدمات الحجاج Pilgrims Services

Practical Guide for Pilgrims

2026 • 1447 Hajj



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clickable



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Introduction





Introduction

It is an honour for us to walk alongside you on one of the most meaningful journeys a believer can undertake, the sacred pilgrimage of Hajj. This is far more than a journey of distance. It is a journey of the soul, a moment to stand before Allah with humility, sincerity, and devotion. The Prophet ﷺ said, “An accepted Hajj has no reward except Jannah.” With such promise, Hajj becomes a truly life-defining experience.

At the same time, Hajj is a test of patience, resilience, and reflection. The physical demands are real, and the spiritual responsibility is great, which makes preparation not just helpful, but essential. With this in mind, we are pleased to present this guide for Hajj 1447. It has been shaped by years of experience, practical understanding, and ongoing learning, with the aim of supporting you through every stage of your journey. Our intention is to help you navigate the challenges of Hajj with confidence, clarity, and peace of mind.

While physical readiness plays an important role, the true success of Hajj lies in preparing the heart and mind. Understanding the rites, their meaning, and the spiritual state required allows each moment of Hajj to be experienced with purpose and depth. Further resources will be shared to support you in this preparation.

Hajj will test you in ways you may not expect. Yet with sound guidance, the right mindset, and sincere intention, it becomes a journey that leaves a lasting mark on your life, one that is both deeply rewarding and profoundly uplifting.

May Allah grant you ease throughout your journey, accept your Hajj, and bless you with the full rewards of this sacred calling.

Al Bait Guests

Health Advice



Health advice

Preparation and self-care are crucial for a successful Hajj experience. Your Hajj starts from the moment you have made the intention to go. Establishing a routine is essential for a fulfilling journey. To ensure a safe and enjoyable pilgrimage, take proactive steps to minimise the risk of sickness and other medical issues. Prioritise your health by physically preparing yourself and equipping yourself to address common ailments pilgrims often encounter.

Here are some essential suggestions to consider:

- ◆ If you have a health condition, it's crucial to seek medical advice before travelling and obtain a doctor's note confirming your fitness for travel. Additionally, if you have specific medical concerns and would like to discuss them further before your journey, please contact the Al Bait Guests representative responsible for your package.
- ◆ Travelling to Hajj presents health risks due to several factors, including the notably hotter and dustier weather conditions compared to what we are accustomed to, overcrowding as Makkah's population surges from 200,000 to over 2 million during Hajj, and the physically demanding nature of the Hajj rites, which entail significant exertion, especially through extensive walking.
- ◆ Physical preparation is often overlooked, leaving many people struggling during and after their pilgrimage. The extensive walking to the Holy Masjids and Umrah can take a toll within a few days of arrival. By the time Hajj days arrive, individuals may find themselves physically unprepared for the demanding rituals.
- ◆ To ensure you're fully prepared for the Journey of a Lifetime, incorporate daily walking into your routine. Start by going for a half-hour walk every day and gradually increase it to at least an hour as part of your Hajj preparation. Walking is an excellent exercise that you can continue even after returning home, benefiting your quadriceps, hamstrings, calves, and arms,



thus enhancing overall stamina. Try to take morning and evening walks, involve your family, children, or Hajj companions, and use a treadmill if necessary. This physical preparation is as crucial as any other aspect of the journey, so if you haven't already started, begin today, and if you have, maintain your effort and gradually build consistency. This practice will significantly strengthen the muscles in your legs. For additional guidance, refer to our walking and steps challenges section.

- ◆ Maintaining a sensible diet before and during Hajj is of utmost importance. Given the various challenges some people face with their digestive system, establishing a consistent and agreeable dietary routine can be beneficial. With the abundance of fast-food options during Hajj, most of which may not be the healthiest, it is crucial to make wise food choices pro actively. Prioritise sensible eating habits and consider them in advance to ensure a nourishing and balanced diet.
- ◆ Spiritual preparation is undoubtedly vital, but it's equally important not to overlook the significance of mental and emotional readiness. If you grapple with issues like anxiety, low mood, depression, or stress, consider consulting your healthcare practitioner well in advance. Additionally, exploring relaxation and breathing techniques can prove immensely helpful in cultivating mental resilience. Taking positive steps to address your mental well-being ensures a more enriching and fulfilling experience during your spiritual journey.





You can take simple steps to minimise health risks

1 Before you leave

- ◆ Before your trip, the Ministry of Health for Hajj requires certain vaccinations (see the vaccination section for more information). Please check the health guidelines for your country on the Nusuk Hajj website.
- ◆ Ensure you have printed off any paperwork needed for your travel



2 Chronic Diseases

- ◆ For individuals taking prescribed medication, it's essential to have an adequate supply for the entire journey. Consider carrying at least double the amount as a precaution in case of misplacement or loss. Your healthcare provider can help you obtain the additional quantity if needed. Prioritising this step ensures you are well-prepared to manage your health throughout the trip, offering peace of mind for unforeseen circumstances. Additionally, pharmacies in Saudi Arabia typically stock many medications during Hajj. Ensure you bring enough medication for the entire trip and your repeat prescription forms. Keep your medication in your hand luggage for easy access.
- ◆ For individuals carrying controlled drugs or needles or relying on insulin, it's crucial to have a letter from your healthcare practitioner. This letter should include your name, date of birth (matching your passport), and an explanation of your medications and their necessity. This documentation is essential to prevent any discomfort or delays at customs, where your belongings may be questioned. Customs officials are unable to verify your medical needs, so being cautious and prepared is vital. Additionally, there may be restrictions on bringing controlled drugs into the country, emphasising the importance of thorough documentation to validate your medications. It's worth noting that controlled drugs like morphine or opiates are not permitted in Saudi Arabia, so ensure your doctor specifies that they have been prescribed for medical reasons.
- ◆ Acknowledging the potential stress that may accompany this sacred journey is crucial. Maintaining open communication with your guide is vital for individuals dealing with mental health challenges to receive support throughout the pilgrimage. It is critical not to stop any prescribed medications; consistent adherence to your medication regimen is essential. Moreover, it is advised to plan ahead by ensuring an adequate supply, as certain medications may not be easily accessible in Saudi Arabia.



When travelling with prescription medications, it is essential to have the necessary paperwork accompanying them with either:



Recent medical report (less than six months old) issued by the patient's medical care provider and clearly stating the following:

- ◆ Personal information of the patient
- ◆ Medical diagnosis.
- ◆ Treatment plan.
- ◆ Medical recommendations.
- ◆ Generic name of the prescription drugs, dosage, and dosage form.



A doctor's prescription (less than six months old) in the name of the patient with the following information:

- ◆ Medical diagnosis.
- ◆ Generic name of the prescription drug, dosage, and dosage form.
- ◆ Drug usage instructions and prescribed duration of use; and Official seal of the health care provider



For people with diabetes

- ◆ Let the guides and organisers know if you have diabetes, especially Type 1 diabetes or are on insulin.
- ◆ Have a sugary snack on you at all times, such as Lucozade / dextrose tablets.
- ◆ Keep well hydrated.
- ◆ Wear a medical ID bracelet.
- ◆ Insulin-dependent: keep insulin in the fridge at the hotel, Insulin in a cooling pouch (FRIO).
- ◆ Testing machine with plenty of extra needles, lancets, strips, spare Libre and letter from GP.
- ◆ Units: difference x18 i.e. 1mmol/l (UK) = 18mg/dl (Saudi)

Individuals managing asthma or chronic chest issues must have rescue medications readily available. Ensure you pack necessary medications like steroids or antibiotics, but be mindful that some steroids may be prohibited. Consult your healthcare provider to address any potential concerns. For those with asthma or angina, always carry your inhaler or spray. Consider using it before engaging in strenuous activities such as tawaf or sa'i. Asthmatics should also bring a spacer along for their inhaler.



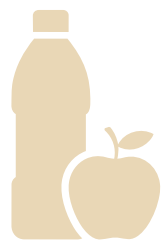
3 Other measures

- ◆ Ensure dental issues are addressed before departure.
- ◆ Consider including flight socks, walking aids, folding or telescopic chairs and stools, and an umbrella in your travel preparations.
- ◆ If you use a wheelchair or walking stick, bring it with you. While folding chairs are available in Saudi Arabia, it's advisable to bring one along.
- ◆ Take comfortable sandals that you have already broken into, as there will be a lot of walking.



On the day of the flight

- ◆ Check in early to avoid stress.
- ◆ A few people with heart or lung conditions may require in-flight oxygen, which most airlines provide at an additional charge. If you think you need oxygen, speak to your doctor and let us know as soon as possible.
- ◆ If you have back or joint problems, consider the weight of your luggage, which you may sometimes have to lift. Please be careful when lifting.



4 Food

- ◆ Try to eat in moderation according to the Sunnah.
- ◆ Avoid food sold on the street, particularly meat that may be undercooked or cold. If you eat out, stick to places that appear clean. It is preferable to order food that has been prepared in front of you.
- ◆ Buy fruit that looks fresh and wash it in cold water. Do not eat fruit that cannot be peeled.
- ◆ To prevent constipation or wind, maintain a high-fibre diet and avoid excessively spicy or fatty food.
- ◆ If you get diarrhoea, drink extra fluids with salt and sugar replacements.
- ◆ Do not take anything to stop the diarrhoea unless it is very frequent (more than 6 times in 12 hours).



5 Don't forget

- ◆ Get plenty of rest when you can. You will need all your energy for the rites of Hajj.
- ◆ Have patience. It's easy to get angry or uptight about delays or unforeseen circumstances.
- ◆ Relax! Take some deep breaths, close your eyes, and count to 10. Remember, you are on Hajj!
- ◆ Be considerate of others. Look out for the young, elderly, and infirm.
- ◆ Be positive. You are the guest of Allah. Any difficulties will lead to forgiveness of sins, inshaAllah.



Hydration

Staying hydrated during Hajj is essential to ensure your well-being, especially in the challenging and often hot conditions. Here are some tips to help you remain hydrated:

1. Consume adequate amounts of isotonic fluids

Carry a refillable water bottle and make it a habit to take sips regularly, even if you don't feel thirsty. Reach for isotonic drinks like ORS or Dioralyte, as they contain sugars and salts similar to those in our body, aiding in adequate rehydration. If you have kidney issues/transplant or hypertension (high blood pressure), consult with a healthcare practitioner/ specialist. If you cannot find such an isotonic fluid solution, adding a small amount of sugar and salt to water can be an alternative. Aiming for at least two litres of water for women and three litres for men is advisable. Simply drinking a litre of water is not enough. You are not hydrated enough if you do not feel like you are on the verge of bursting. Stay cool and drink up!

2. Avoid Sugary and Caffeinated Beverages:

While it's essential to drink water, try to limit the intake of sugary and caffeinated drinks as they can contribute to dehydration. Water is the best choice for staying adequately hydrated.

3. Consume Hydrating Foods:

Eat water-rich foods like fruits and vegetables. These can contribute to your overall fluid intake and provide additional nutrients.

4. Schedule Water Intake:

Plan your water consumption around crucial events and rituals during Hajj. For example, drink water before and after Tawaf and other strenuous activities.

5. Use Hydration Stations:

Take advantage of hydration stations set up in various locations. These are designed to give pilgrims easy access to water, allowing them to refill their water bottles as needed.

6. Be Mindful of Signs of Dehydration:

Pay attention to signs of dehydration, such as dizziness, dark urine, or a dry mouth. If you experience any of these symptoms, increase your water intake and seek shade if possible.

7. Protect Yourself from the Sun:

Wear appropriate clothing to shield yourself from the sun, especially for women who should opt for loose cotton or cool clothing whenever possible. Move into the shade and avoid direct exposure to the sun, as this can increase the risk of dehydration. Use an umbrella for shade when walking; a cool wet flannel is also advisable.

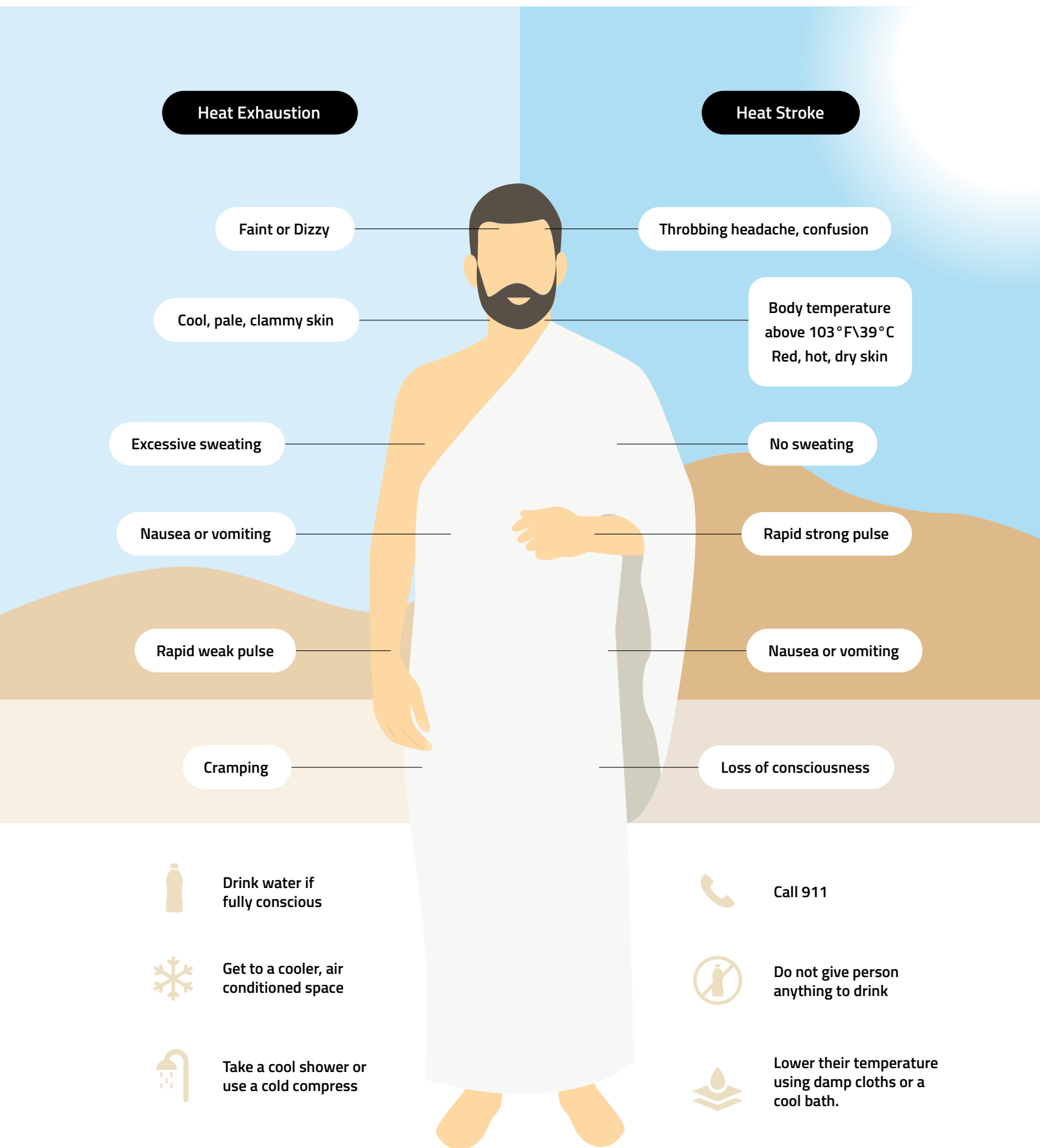
8. Plan Your Activities:

Try to schedule outdoor activities during cooler parts of the day, such as early morning or late evening, to minimise exposure to extreme heat.



Remember that staying hydrated is a continuous effort, so be proactive in managing your fluid intake to ensure a safe and healthy Hajj experience.

Heat Exhaustion vs Heat Stroke



Heat Exhaustion

Faint or Dizzy

Cool, pale, clammy skin

Excessive sweating

Nausea or vomiting

Rapid weak pulse

Cramping



Drink water if fully conscious



Get to a cooler, air conditioned space



Take a cool shower or use a cold compress

Heat Stroke

Throbbing headache, confusion

Body temperature above 103°F\39°C
Red, hot, dry skin

No sweating

Rapid strong pulse

Nausea or vomiting

Loss of consciousness



Call 911



Do not give person anything to drink



Lower their temperature using damp cloths or a cool bath.



Ladies & Menstruation



Ladies & Menstruation

As the performance of tawaf is an essential component of Hajj and Umrah, we would urge you to bear the following in mind:

The physical journey of the Hajj involves lots of walking and exertion. It is both physically and mentally draining. In such situations, menstrual irregularities are common, in that bleeding may start sooner or later than expected. A woman in her menses performs every single act that others performing the Hajj do, except that she is not allowed to perform the tawaf while in that state.



We strongly encourage you to see your GP address this issue as soon as possible, not just before you depart.



It is worthwhile knowing from your GP whether your prescribed medication is a contraceptive or not.



Once-a-day medicines should ideally be taken at the same time each day.



Please discuss when and how often any prescribed drug should be taken.



Please emphasise to your medical practitioner that the aim of any prescribed medication is to stop menstrual bleeding completely. However, we all need to accept this can never be 100% guaranteed.



If you feel your medication is failing, please do not complicate matters by changing doses and/or adding in other drugs without medical advice. Drugs can interact with other drugs.



Three times a day medicines should be spread equally, eight hours apart. During the days of your Pilgrimage rites, 0600, 1400, and 2200 hours may be timings worth considering.



More detailed information available in the sisters guide, see website.

If you have any concerns during the trip, please speak to your Al Bait Guests partner responsible for your package.

Vaccinations & Medical Assistance



Vaccinations



Please refer to the Nusuk Hajj Health guidelines to learn about the necessary vaccinations for your trip.

Access to medical assistance is crucial during Hajj to address health concerns in the challenging and crowded pilgrimage environment. Here are some tips to consider: The Saudi Government has mandated quadruple Meningitis Vaccine (ACWY Vac). This vaccine protects against four different meningitis strains: A, C, W135, and Y. After having the injection, you must obtain a certificate.

The change in routine, weather conditions, exposure to pilgrims across the globe, and physical exertion are all contributing factors to your possibly suffering from flu at some stage of the journey. If you believe you may be more susceptible to getting ill, consult your Healthcare provider about having the flu jab.

Medical Assistance

Access to medical assistance is crucial during Hajj to address health concerns in the challenging and crowded pilgrimage environment. Here are some tips to consider:

1 Medical check-up before travel:

Before embarking on the Hajj journey, undergo a thorough medical check-up to assess your overall health. Discuss any pre-existing conditions with your healthcare provider and ensure you are fit for the pilgrimage. If you require regular medication, maintaining it during the journey is paramount. If someone in your family has psychological or mental health issues, accompanying them is recommended for a smoother experience.

2 Carry a medical kit:

Pack a basic medical kit containing essential supplies such as pain relievers, bandages, plasters, antiseptic wipes, and any personal medications you may require. Having these items on hand can be helpful for minor health issues.





3 Know the location of medical facilities:

Familiarise yourself with the locations of medical facilities, clinics, and hospitals in the areas you will visit during Hajj. Keep a list of emergency contact numbers, including local medical services. Be aware of medical tents, first aid stations, and emergency response teams.

4 Keeping your guides informed:

We must know the details of your situation to provide the proper guidance. If you have specific medical conditions, it is advisable to direct message the guides on Telegram for personalised assistance. Sharing rooms comes with etiquette, and considering factors like sleep apnoea is essential. Being mindful of potential disruptions to room-mates is a considerate approach.

5 Emergency medications:

If you have a specific medical condition that may require urgent attention, carry a letter from your doctor explaining the condition and the necessary medications. This can be crucial in case of emergencies.

6 Wear identification:

Wear a form of identification that includes your name, emergency contact information, and any relevant medical conditions or allergies. This can assist medical professionals in providing appropriate care in an emergency.

7 Follow health guidelines:

Adhere to health and safety guidelines provided by the authorities and organisers of the pilgrimage. This may include information on hygiene practices, crowd management, and general health recommendations.

8 Seek immediate help for emergencies:

In case of a medical emergency, don't hesitate to seek immediate assistance. Emergency services are typically available, and it's essential to prioritise your health and well being. Transparency is vital; filling out onboarding and medical questionnaires honestly will ensure proper support and care.



We are here to serve everyone, and open communication about medical needs is vital for a successful and fulfilling Hajj experience.



Makkah Emergency Hospital



Ajyad Emergency Hospital



Ajyad Bridge



Clock Tower



King Abdul Aziz Gate 1



Medical FAQs



How can one prevent or alleviate discomfort caused by foot swelling?

Not much other than keeping hydrated with isotonic fluids (ORS/ Dioralyte). Elevating your feet in bed or resting may help reduce the swelling. Open-ended footwear tends to be better for swollen feet.

Can you recommend how I can keep my medication cool in the hot weather?

Numerous travel accessories are on the market, and one that has proven effective for us is the FRIO Duo Wallet. Alternatively, you can explore other options that meet your specific criteria.

Are there any tips for anyone with Celiac disease?

You might encounter a scarcity of choices, so it is advisable to carry your snacks. Although supermarkets are available, the availability and variety of gluten-free options remain uncertain.

If I am packing some antibiotics, will I need a prescription for them?

No

Can I bring my CPAP (Apnoea breathing machine) to Mina?

Indeed, bring it if you require it. Just be sure to carry a European charging adapter. Also, it can be pretty noisy at night; consult your group leader about the best place to use the machine, especially at night.

Is there any information about wheelchair access?

If you require a wheelchair, we recommend picking a hotel close to the Haram. You can bring your wheelchair, borrow one from the hotel, purchase one locally, or use an electric scooter for Tawaf and Sa'i within the Haram.

Can I put my inhaler in my hold luggage?

Yes, but we recommend keeping it on you in your carry-on luggage, should you need it medically.

Can you take paracetamol, ibuprofen and antihistamines in a handbag?

Yes



Is Co-codamol a controlled drug in Saudi?

Yes, Solpadine is available for purchase without a prescription.

Is Pregabalin a controlled drug in Saudi?

Yes, ensure you take the necessary paperwork from your healthcare practitioner.

How can I avoid collapsing with heat exhaustion and heat stroke?

Prevention is the key. Eat and drink sensibly and ensure you do not get yourself unintentionally dehydrated.

I suffer from migraines. Is there anything I can do to avoid them?

Managing migraines can involve lifestyle changes and, if necessary, medication. You might want to identify and avoid triggers like specific foods, lack of sleep, or stress to prevent migraines. Staying hydrated and maintaining a regular sleep schedule could also help. If migraines persist, consulting with a healthcare professional can guide you on suitable medications or strategies tailored to your situation.

Is insect repellent needed?

It might be relevant specifically during visits to Mina, Arafat, and Muzdalifa, where some individuals may experience adverse reactions to mosquito bites. It is a personal choice, as not everyone reacts similarly to these bites. Therefore, it becomes necessary only for those with a severe reaction, and individuals can gauge this based on their experiences.

Will there be access to a fridge or freezer should I need it for my medication?

Ask your group leader/guide about suitable storage places. It is advisable to carry a small cooler bag when you are on the go or if access to the designated area is unavailable. You are responsible for the proper care and safety of your medication and ensuring it is appropriately protected.

What if I have a funny tummy?

Gastric symptoms like diarrhoea and vomiting are pretty common during Hajj. Most cases are self-limiting and do not require antibiotics. Symptoms may include diarrhoea, vomiting, fever, headache, body aches, and weakness. Hydration is crucial, aiming for at least two litres daily, including ORS (isotonic fluids). Rest is essential, and investing in it can aid recovery. For headache or fever, take paracetamol and avoid ibuprofen. If you lose your appetite, it is okay initially. Start reintroducing food with a soft, bland, 'white' diet—pasta, potatoes, bread, and white rice. Avoid dairy and spicy products initially.

Using Imodium is a personal choice for some, but be cautious as it can lead to constipation even with just one tablet. However, seeking immediate medical attention is necessary if there's diarrhoea with blood. This could indicate an infection requiring antibiotics and hospital care. Prioritise your health, and do not hesitate to seek medical help.

Any advice on chaffing?

If you experience chafing, pack some Vaseline or 'BodyGlide.' If it fills with pus or becomes red, seek medical advice or help.

Are nasal steroid sprays allowed?

Yes, getting a prescription for any nasal spray, especially if needed, is a wise precaution. Ensure you have the necessary documentation to support the use of it if required, and it will help navigate any potential issues.

What do I do if I have a blister?

Regrettably, some individuals may experience blisters during the journey, so it is crucial to ensure you have an ample supply of blister plasters or cushioned plasters to last the entire trip. Local pharmacies can also be an option for acquiring these supplies if needed.

I am overly sensitive to the sun. What do you recommend?

If you are sensitive to the sun, I recommend using a high SPF sunscreen for sensitive skin, wearing protective items like sunglasses and sun hats, and seeking shade whenever possible to minimise sun exposure – an umbrella might be an option. Do not forget to stay well hydrated too! Also, speak to your healthcare practitioner.

Things to remember

Being organised with your documents is crucial. Make sure to have electronic and hard copies of the following:



Passport Page



Visa Documents



Diabetes Needle Letter

If you have diabetes, ensure you have a letter for your needles.



Medical Letters

Any letters from your healthcare practitioner or medical summary reports, especially if you have chronic health conditions or are on controlled medication.



Tip:

Also, carry extra supplies of medications, EpiPens, and devices. It is wise to note down the group doctor's information in emergencies.

Preparedness is key!

Hospitals in Makkah

- ◆ An-Noor
- ◆ Maternity and Paediatric Hospital
- ◆ Hera General Hospital
- ◆ King Abdul Aziz Hospital
- ◆ Noor Specialist Hospital
- ◆ King Faisal Hospital
- ◆ Ibn Sina Hospital

Hospitals in Madinah

- ◆ Hospital Ansaar

Pharmacies

- ◆ Cannot buy "**Prescription only Medications**" including antibiotics.
- ◆ Medications **NOT** available:
 - Imodium
 - Piriton
 - Chloramphenicol
 - Opiate-based meds
 - Flucloxacillin
 - GTN Spray
- ◆ NahdiCare Clinics APP Need Saudi Sim

Self care summary

- ◆ Prevention is better than cure
- ◆ Eat well- avoid "junk food" where possible
- ◆ Don't skip a meal
- ◆ Sleep well, and don't over-exert yourself
- ◆ Daily Vitamin C tabs
- ◆ Avoid excessive sun exposure
- ◆ Drink plenty of isotonic / rehydration fluids (unless advised against by your doctor)

Medical Insurance



Medical Insurance

Medical or travel insurance is not included in your package. The Saudi authorities provide free medical services for all pilgrims as part of the visa package. Many government hospitals in Makkah and Madinah provide free medical service.

It may be advisable to obtain medical or travel insurance. If you do, you may want to check that your insurance fully covers all your personal requirements, including medical expenses, pre-existing medical conditions, and repatriation in the event of an accident or illness.



Useful Reading Material



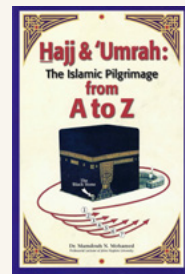
Useful reading material

The more preparation you put into something, the more you will gain from it. To help you get into the right frame of mind and make the most of your Hajj journey, you may find the reading materials listed below useful. While not all of them are directly related to Hajj, they will undoubtedly prove beneficial.

Rites of Hajj & Umrah

Hajj & Umrah From A to Z

By Mamdouh Mohamed



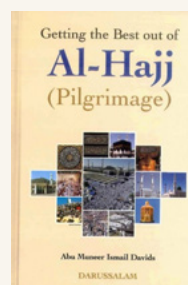
Hajj & Umrah made easy

By Dr Taqi Hashmi & Adnan Malik



Getting the best out of Hajj

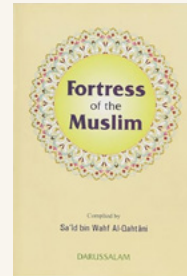
By Ismail Davies



Fortress of the Muslim

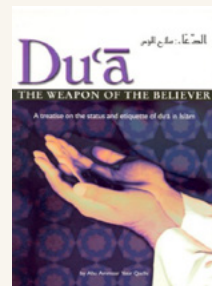
(Invocations from the Qur'an & Sunnah)

By Shaikh Saeed bin Wahb Al-Qahtani



Du'a: the Weapon of the Believer

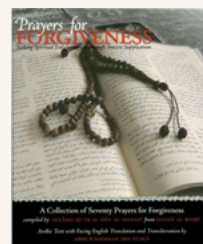
By Dr Yasir Qadhi



Prayers for Forgiveness

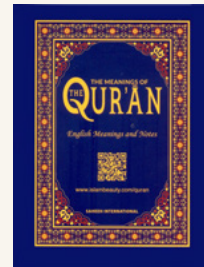
Seeking spiritual enlightenment through sincere supplications

By Imam Hasan al-basri



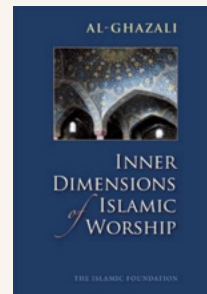
Translations of the meaning of the Quran

By Saheeh International



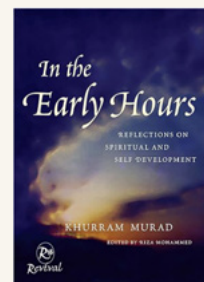
Inner Dimensions of Islamic Worship

By Al Ghazali - Translated by Mukhtar Holland



In the Early Hours

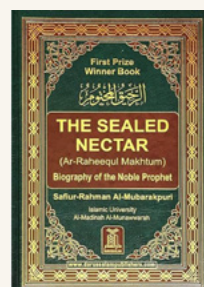
By Khurram Murad



The Sealed Nectar

Biography of the Noble Prophet

By Shaikh Saifur Rahman Mubarakpuri



Advice from Former Pilgrims



Words of advice from previous pilgrims

"Before setting off—please do not stress about not knowing everything. The team will take care of all your needs. They have qualified guides who are both experienced and highly knowledgeable!"

"For those intending to perform umrah straight after reaching Mecca – please keep hat, umbrella, water bottle/water-spray bottle, Vaseline/ Sudo cream and sunblock in hand carry as luggage in the hotel may come late."

"It would be good to bring a cardigan or shawl if you feel cold quickly. After Mina, I got so accustomed to the heat that even the air con in the hotel lobby & restaurant felt cold."

"Arafat: stay in the camp and don't spend your time trying to reach mount of Rahma, you will be surprised how time goes fast especially when you have a long list of dua to do."

"Put a bundle on your current mobile network provider just in case the Saudi sim takes time to sort out. Or consider an E-Sim."

"Physical preparation: walk 2-3 miles wearing the sandals that you plan to wear during Hajj as often as you can. This will ensure that you don't struggle when you're on Hajj."

"Clean pair of flip flops for Tawaf, and Sa'i. Barefoot on marble can make your feet sore after a while."

"Utilise coloured-tape to mark your charger cables and other items so that you can identify them in shared areas."

"Book of Dua for Arafat and Mina as you will have loads of time."

"Mark your sandals with a permanent marker."

Wheelchairs





Wheelchairs

If you regularly use a wheelchair, we strongly recommend you bring it with you. Please also ensure a friend and/or family member accompanies you for assistance. Wheelchairs for purchase are also available at pharmacies in Makkah, with costs varying from SR400 - SR800 depending on the quality and features of the wheelchair.

If you do not use a wheelchair but feel you may need one to perform Umrah, then this can be arranged by hiring a private wheelchair attendant. As part of the service provided by the Presidency for the Affairs of the Two Holy Mosques, over 8,500 electric buggies and wheelchairs are provided for the elderly, the sick and pilgrims with special needs. Depending on the day and time, the cost may vary from SR200 up to SR600. They can even arrange to collect you from your hotel and bring you back there after the rituals are completed.

There are various types of assistance available:

*Rates subject to change

2.

Wheelchair operated by Official Attendants:

- ◆ 200 SAR (for Tawaf)
- ◆ 150 SAR (for Sa'i)



3.

Golf Buggies

Available on the roof of the Haram for both Tawaf & Sa'i. The roof can be accessed via the ramp from the courtyard of the Haram close to gate 69 or by using the lifts by gate 16 (near Safa).

All carts are now with a driver only, that can fit a maximum of 10 people



Where to find the wheelchairs

The wheelchairs can be found in the courtyard of the Haram, usually near King Abdul-Aziz Gate and near King Fahd Gate.



Wheelchair entrance to the grand mosque

There are two pedestrian bridges for wheelchair access. One is located next to King Abdul-Aziz gate and one is located next to King Fahd Gate. The bridges lead to the Tawaf Track on the mezzanine floor of the Mosque.

Tip

Be clear on the arrangement you make with the attendant. Only make payment after completion of the rituals.

Footwear



Footwear

We suggest buying your footwear some weeks before departure and wearing it in so that your feet feel comfortable in the new shoes. Old footwear in good condition is preferred.

Women



Women can wear any kind of comfortable footwear in and out of Ihram. We highly recommend taking a pair of trainers with you. Try slipper socks to avoid any soreness from walking on hard marble

Men



In Ihram, slippers or sandals are allowed. Please consult the scholar accompanying you for more detailed guidance on footwear requirements. Rules may vary depending on the school of thought.



Carrying your sandals or shoes

As footwear can sometimes be misplaced or moved by others, it is best to use a drawstring bag to carry your footwear with you when visiting the Haram.



Staying Connected



Staying connected

It is important to have a way to stay in touch in case of an emergency. Your guides will most likely use WhatsApp or Telegram groups to keep you informed. In addition, there may be occasions when there are live broadcasts of lectures and reminders online. It is, therefore, important that you have a working mobile with data. It would also be a good idea to have a set of headphones/ear pods that can be used with your mobile phone.

You can either use your existing mobile while travelling or use a local SIM card/e-SIM. Ideally, each pilgrim should always keep a phone with them.

Using your mobile in Saudi

If you want to use your regular mobile during the trip, check that your number is active for roaming. Also, contact your network provider about roaming bundles, packages, and charges. Please note that this can be quite expensive in some cases.

e-SIMs

Al-Bait Guests will provide you with an e-SIM. Further details will be provided in due course. One key advantage of an e-SIM is that you can purchase and activate it before arriving in Saudi Arabia, allowing you to stay connected as soon as you enter the country. However, to use an e-SIM, your phone must be compatible with this technology; a potential drawback is that, in most cases, e-SIMs provide data only, meaning you will not have a local Saudi number for making calls.

Purchasing a local Saudi sim card

You can buy 'Pay as You Go' cards from their kiosks in Jeddah or Madinah airports, as well as around the Haram in Makkah and Madinah.

There are 4 main network providers in Saudia Arabia:

stc

zain

Virgin

موبايلي
Mobily

How to activate a Saudi sim card

For activation, you will need:

- ◆ A copy of your passport
- ◆ To provide your fingerprint to the mobile vendor to activate your SIM card
- ◆ Once activated, please provide your guide with your mobile number so we can update our records.



Please note:

Queues are long, and activating the SIM may take a while as your personal details and fingerprints will be taken.

Expectations & Challenges





Expectations & challenges

- ◆ The biggest challenge is being out of your comfort zone. Rest assured, we will do our best at every stage to ease your journey and keep you informed.
- ◆ External factors beyond our control sometimes cause delays, interruptions, and changes in plans.
- ◆ Guides will keep you informed of developments at all times. However, please be understanding and patient.
- ◆ Road traffic will cause congestion. Walking shorter routes is sometimes quicker. We will always advise you on the best route.
- ◆ Saudi Arabia is very hot at this time of year. Remain within the shade, wear sunglasses, and drink plenty of water to avoid dehydration.
- ◆ If you encounter any issues in your hotel, please let reception and/or housekeeping know immediately, and if necessary, please inform your Hajj guide to follow up.
- ◆ Moon-sighting can result in differences between the Gregorian and Hijri calendars, which may lead to a slight change in the itinerary. In any case, we will inform the group of any changes at all times.
- ◆ Finally, we will be surrounded by pilgrims from around the world and of many different cultures, so remain patient and understand that different cultures and people are likely to observe different etiquette.

Collective responsibility

1.

We are travelling as a group, so please try your best to create a sense of harmony and brother or sisterhood among your Hajj companions.



2.

Be aware of others' needs, likes and dislikes.

3.

In case of any unforeseen circumstances, please listen and follow our instructions carefully. We will be advising what is best for the whole group.

4.

The guides are available 24 hours a day in case of emergencies. If you have any concerns, difficulties, or requests, please do not hesitate to contact them.

5.

There will be reminders each day on the relevant rites of Hajj and a chance to ask any questions.

6.

Do not give unsought opinions, especially on matters of Fiqh or politics.

Individual responsibility

1.

Ultimately, this is your Hajj. You are undertaking an act of worship, so make the most of every minute and perform your duties to the very best of your ability.



3.

We are the facilitators; with Allah's help, we will get you to where you are supposed to be within the correct time.

2.

Your intention and supplications are the most important components of this journey.

4.

Please remember that strength and success come from Allah alone.

Room Sharing Etiquette





Room sharing etiquette

The biggest challenge facing anyone during Hajj is being out of their comfort zone. But what does this mean exactly?

As creatures of habit, we are all used to having our personal space and routine. During Hajj, this normality is disrupted we share our space with other pilgrims whom we have not met before; we wake up early for ibadah, and we perform physically and mentally tiring rituals. Sharing a room can be great, as you have the chance to interact with others from different backgrounds and develop strong relationships. However, it can also be a test of your patience. Even if you have booked a family room, you will eventually face the challenge of sharing your space with others in Mina, Arafat and Muzdalifah.



Introduction

When you check in, be sure to introduce yourself to your room-mates. Bear in mind that they might not have the energy or be in the mood to enter into a long conversation. Keep it short and sweet!



Using the bathroom

Be mindful of how long you spend in the bathroom. Someone else might be waiting to make wudhu or have a shower. Don't splash water excessively on the floor, use only one towel, maintain good hygiene and be considerate when using the supplied shower gels and shampoos. You can always order fresh towels, toiletries, and toilet paper from housekeeping.



Keep it tidy

Everyone has a bed, and there will be sufficient space to keep your belongings tidy. We always advise you to travel light during Hajj. Keep your space organised, especially if you are buying lots of gifts.



Don't use others' belongings

Sharing is a great Islamic principle, but please bring your mobile chargers, electric plugs, travel adapters, etc. Always ask before using someone else's personal items. Don't just assume your roommate wouldn't mind. And don't forget to pack your own toothbrush!



Sleeping time

Getting enough sleep is very important for feeling energised and maintaining physical strength during Hajj. Some people like to sleep after the Isha prayer, wake up two hours before the Fajr prayer, and then get some more rest after breakfast or after the Dhuhr prayer. However you like to sleep, remember that not everyone is the same. Be quiet and considerate when returning to the room during others' sleeping times.



Safe combinations

There is one safe in every room. Please agree on a code that all room-mates can remember. Avoid using 0000 and 1234. Keep your items separate in a named envelope to avoid mixing bank notes, currencies, jewellery, etc.



Digital screen time

Be aware of the brightness of your digital devices, such as iPads and tablets, during the night. Put mobile phones on silent or night mode. Remember that vibration mode can also be disturbing to your room-mates. Share electrical sockets.



Air conditioning

Agree on a setting that is reasonable to all. We always recommend a setting of 22- 23 °C, but find what is comfortable for all of you. It may need adjusting at night.



Footwear

Don't walk with shoes inside the room. Take them off at the door or keep them under your bed. Bring a pair of slippers to use in the room. For hygiene reasons, stick to using your own slippers for wudu!



Eating in the room

Breakfast and dinner are included in the package. For those who would like to eat during the day, avoid bringing food into the room in case of lingering smells and extra rubbish. If you are bringing food into the room, it is polite to ask your roommate if they would mind you eating in the room.



No smoking

Hajj is a great opportunity for many people to stop smoking, as the sale of cigarettes is banned in Makkah and Madinah. If you intend to smoke or use an e cigarette, you will have to leave the premises of the hotel.



Hosting guests & friends

If you have friends during Hajj with our group or any other group, agree to meet them in the hotel's common areas and not in the rooms. Always ask permission from your room-mates before letting anyone into the room.



Holding Conversations

Having a chat is important to get to know one another. However, not everyone will subscribe to the same socio-political or religious views as you, so be courteous and do not let loose talk get in the way of the spirituality of Hajj. Focus on the goal of reforming your soul.



Snoring

We always recommend earplugs for light sleepers.



Staying Positive

Not everyone deals with change and challenges in the same way, so be sensitive to others and stay positive. If something bothers you during the trip, please bring it to the attention of the Hajj guide to avoid it negatively affecting the energy and morale of others.



Special notes for female room sharing:

If you are sharing with other female pilgrims. Keep in mind the following:

1. Please keep the door closed at all times to respect the privacy of the sisters and observe the rules of hijab
2. Strictly no males are allowed inside the room
3. Agree to meet fathers, brothers, sons, and husbands in the common areas

Last but by no means least, always keep in mind the hadith of the Prophet:

'Do unto others as you would wish to have done unto you'

[Abu Dawood]

Key Hajj Dates



Key Hajj dates

Subject to moon-sighting

Day 1

1st Dhul Hijjah

18 May

Beginning of Dhul Hijjah
(The best 10 days of the year)



Day 3

4th Dhul Hijjah

20 May

Final entry date for
non-Saudi Hajj flights.

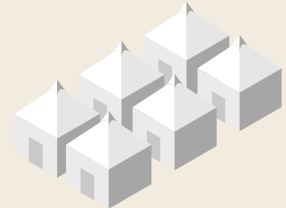


Day 8

8th Dhul Hijjah

25 May

Beginning of Hajj 2025
(First day of Mina)



Day 9

9th Dhul Hijjah

26 May

Day of Arafat



Day 10

10th Dhul Hijjah

27 May

Biggest Day of Hajj
(Eid for non-Pilgrims)

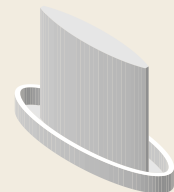


Day 15-17

11-13th Dhul Hijjah

28-30 May

Days of stoning
Jamarat & Mina



Day 18

14th Dhul Hijjah

31 May

First flights depart
after Hajj



The Hajj Sites



The Hajj sites

Mina



Accommodation

- ◆ The tents in Mina Camps are provided and managed by the Ministry of Hajj in two designated zones: Muaisim and Majar Al-Kabsh.
- ◆ The tents are air-cooled or air-conditioned and supplied with water and electricity.
- ◆ Due to Mina's physical limitations, the space is very limited to only a space of 1.1m² for each pilgrim. This space is just enough for each pilgrim to be able to sit or sleep. It is, therefore, absolutely vital that you bring only the essentials with you so that you do not encroach on other people's space.



Food

- ◆ All meals will be provided during the stay in Mina. Please be aware that catering options for people with special dietary requirements are limited. Please inform us if you have any special dietary requirements, and we will do our utmost to meet them. It might be a good idea to bring your own snacks.
- ◆ Fruits, water and soft drinks are available at all times.



Essentials to take with you to Mina:



Essential reading material,
Hajj guide, Qur'an, Du'a book



Personal hygiene items
(perfume free to use whilst
in ihram)



Mobile phone charger &
battery pack



Medications



Umbrella



Small Towel



Sunglasses



Portable fan

Arafat



Accommodation

- ◆ The tents in Arafat are air-conditioned and supplied with basic amenities.



Food

- ◆ Hot Lunch will be served. Fruits, water and soft drinks are available at all times.

Muzdalifah



Accommodation

- ◆ Muzdalifah is a unique experience. There are no tents, and pilgrims sleep outdoors under the stars for this blessed night.



Food

- ◆ No meals will be served. Light snacks will be provided in Arafat before setting off to Muzdalifah. Please make sure to bring water and fruits from Arafat with you.

Visiting Madinah



Visiting Madinah

Madinah is the city of the Prophet ﷺ and has a unique sense of tranquility. At its heart is Al Masjid An Nabawi, established by the Prophet ﷺ himself and his final resting place.

The Messenger of Allah ﷺ said:

'Prayer in this masjid of mine is superior to a thousand prayers elsewhere, except for masjid al-haram and prayer in masjid al-haram is superior to one hundred thousand prayers elsewhere'

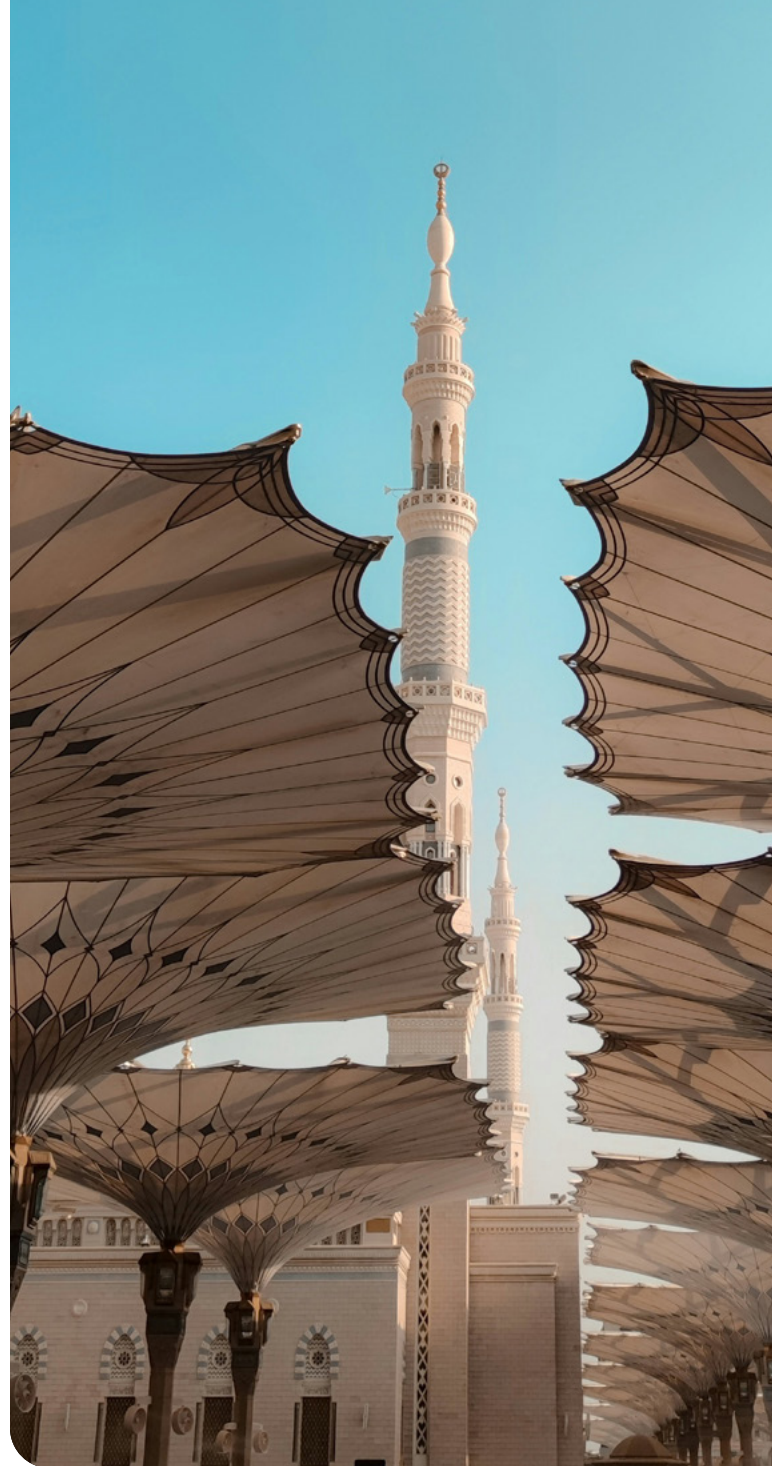
[Ibn Majah & Ahmad]

Etiquette of visiting the prophet

- ◆ Pray two rakah sunnah in Al-Rawdah if possible
- ◆ Stand in front of the Prophet's grave silently and convey salam
- ◆ Move right to the grave of Abu-Bakr and give salam
- ◆ Move right to the grave of Umar and give salam

Rawdah Bookings

Within the Prophet's Masjid lies a special area about which the Prophet said, "The area between my pulpit and my house is a garden (**Rawdah**) from the Gardens of Paradise." Most pilgrims aspire to pray in the Rawdah; however, a booking is required to secure a slot. Al-Bait Guests will make every effort to arrange group bookings for all pilgrims, ensuring they have the opportunity to pray in this blessed space. Further details will be provided upon arrival in Madinah.



! DO NOT:

- ◆ Pray facing the graves
- ◆ Touch or kiss the graves
- ◆ Circle around the graves
- ◆ Raise your voice

Physical Preparation For Hajj



Physical preparations for Hajj

4 week walking challenge

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Week 1	 10 min Easy pace x3	 30 min Brisk	 30 min Easy pace + Strength Workout	 30 min Easy pace + Strength Workout	 30 min Easy pace + Workout of your choice	 30 min Easy pace	 60 min Brisk
Week 2	 20 min Easy pace x3	 30 min Brisk + 15 min Easy pace	 35 min Easy pace + Strength Workout	 35 min Easy pace + Strength Workout	 30 min Easy pace + Workout of your choice	 30 min Easy pace	 60 min Brisk
Week 3	 15 min Easy pace x4	 30 min Brisk + 30 min Easy pace	 40 min Easy pace + Strength Workout	 40 min Easy pace + Strength Workout	 30 min Easy pace + Workout of your choice	 30 min Easy pace	 60 min Brisk
Week 4	 20 min Easy pace x4	 40 min Brisk + 30 min Easy pace	 30 min Easy pace x2 + Strength Workout	 30 min Easy pace x2 + Strength Workout	 30 min Easy pace + Workout of your choice	 30 min Easy pace	 60 min Brisk

30 Day step challenge

30 days of steady steps to build strength and stamina for Hajj. Simple daily walking to prepare your body for the journey ahead.

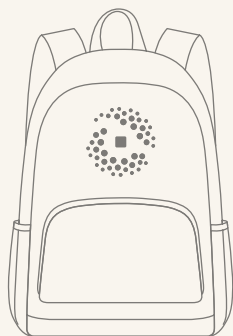


Day 1 5,000 Steps	Day 2 5,500 Steps	Day 3 6,000 Steps	Day 4 5,000 Steps	Day 5 6,500 Steps
Day 6 7,000 Steps	Day 7 7,500 Steps	Day 8 5,000 Steps	Day 9 8,000 Steps	Day 10 8,500 Steps
Day 11 9,000 Steps	Day 12 5,000 Steps	Day 13 9,500 Steps	Day 14 10,000 Steps	Day 15 10,500 Steps
Day 16 5,000 Steps	Day 17 11,000 Steps	Day 18 11,500 Steps	Day 19 12,000 Steps	Day 20 5,000 Steps
Day 21 12,500 Steps	Day 22 13,000 Steps	Day 23 13,500 Steps	Day 24 5,000 Steps	Day 25 14,000 Steps
Day 26 14,500 Steps	Day 27 15,000 Steps	Day 28 5,000 Steps	Day 29 15,500 Steps	Day 30 16,000 Steps



Complimentary items

Al-Bait Guests will provide the following items to all pilgrims:



Foldable Rucksack

A lightweight and practical rucksack, perfect for carrying essential items, including your shoes when visiting the Haram.



Luggage Strap

Secures your luggage during transit and helps clearly identify your bag as part of the Al Bait family.



Umbrella

Provides essential shade from the sun while making it easier to identify you within the group.



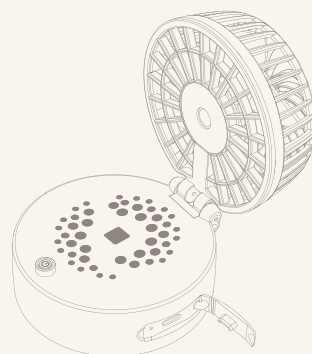
e-SIM

Each pilgrim will receive an eSim to keep you connected throughout your journey with reliable mobile access for updates, guidance, and peace of mind.



Personalised Luggage Tags

Each pilgrim will receive five personalised luggage tags, which must be attached to all pieces of luggage. These tags will greatly assist in managing luggage transfers and minimising the risk of lost bags.



Rechargeable Portable Fan

A compact, rechargeable fan to keep you cool throughout your journey, especially in the hot weather.

What to pack



Cash and cards

You will generally get a better exchange rate in Makkah or Madinah rather than here in the UK. You may also wish to consider opening an account with an online bank (Eg. Starling, Monzo, Revolut) to secure a better exchange rate and avoid foreign transaction fees. Most shops accept card payments, and ATMs are also available in Makkah, Madinah, and airports.



Light clothing

Suitable for the hot climate.



Umbrella

for protection against the sun.



Sensible sandals/slippers



Belt

for your ihram
(for men only)



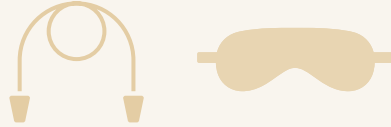
Hand towel and small bath towel

(for use in Mina, Aziziyyah, etc)



Drawstring bag

(for your shoes)



Ear plugs and eye mask



Sunglasses



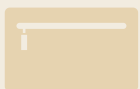
A good quality battery pack

To charge your phone when you cannot access mains power.



Earphones or earpods

to use with your phone for live broadcasts.



Money pouch



Unlocked mobile phone and charger



Personal hygiene items



**Plasters or blister dressings,
Paracetamol and Diarolyte**
(oral rehydration sachets)



Throat lozenges



**Qur'an and other useful
reading material.**



Perfume-free toiletries
for use whilst in ihram.



A small sports bag/rucksack
(or similar) to carry necessary items with you
to Mina, Arafat, and Muzdaliah



Any medication that you need



Sun cream

Disclaimer

The information provided in this document is for general informational purposes only and should not be considered professional medical advice. It is not a substitute for professional medical diagnosis, treatment, or guidance.

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