

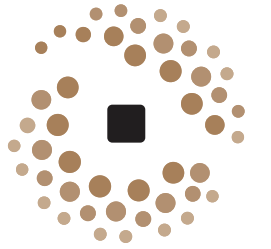
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Easy Umrah Guide

Men's Ihram



Do's



Two plain white, unsewn pieces of cloth. Footwear that exposes part of your foot and does not cover your ankles. Watches, glasses, and belts are acceptable to wear.



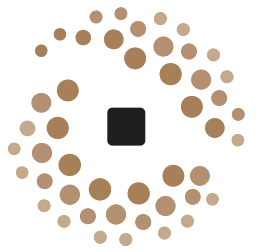
Don'ts



Do not wear any sewn clothing or cover your head. Do not remove hair from your body, trim nails, or use perfume. Avoid hunting, marriage contracts, intimacy, or intercourse.



Women's Ihram



Do's



A jilbab or abaya in any color, under which you can wear normal clothes. There is no specific garment or color requirement. You can wear comfortable footwear of your choice.



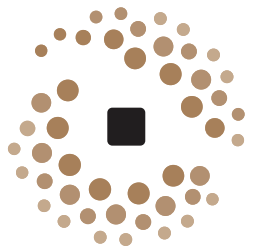
Don'ts



Do not wear the niqab (face veil) or gloves. Do not remove hair from your body, trim nails, or use perfume. Avoid hunting, marriage contracts, intimacy, or intercourse.



Making Intention



1

Before reaching the Miqat, bathe and cleanse your body.



2

Put on your Ihram clothing and make your intention for Umrah.



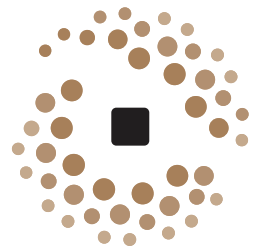
Once you pass the Miqat in Ihram, all restrictions apply.

3

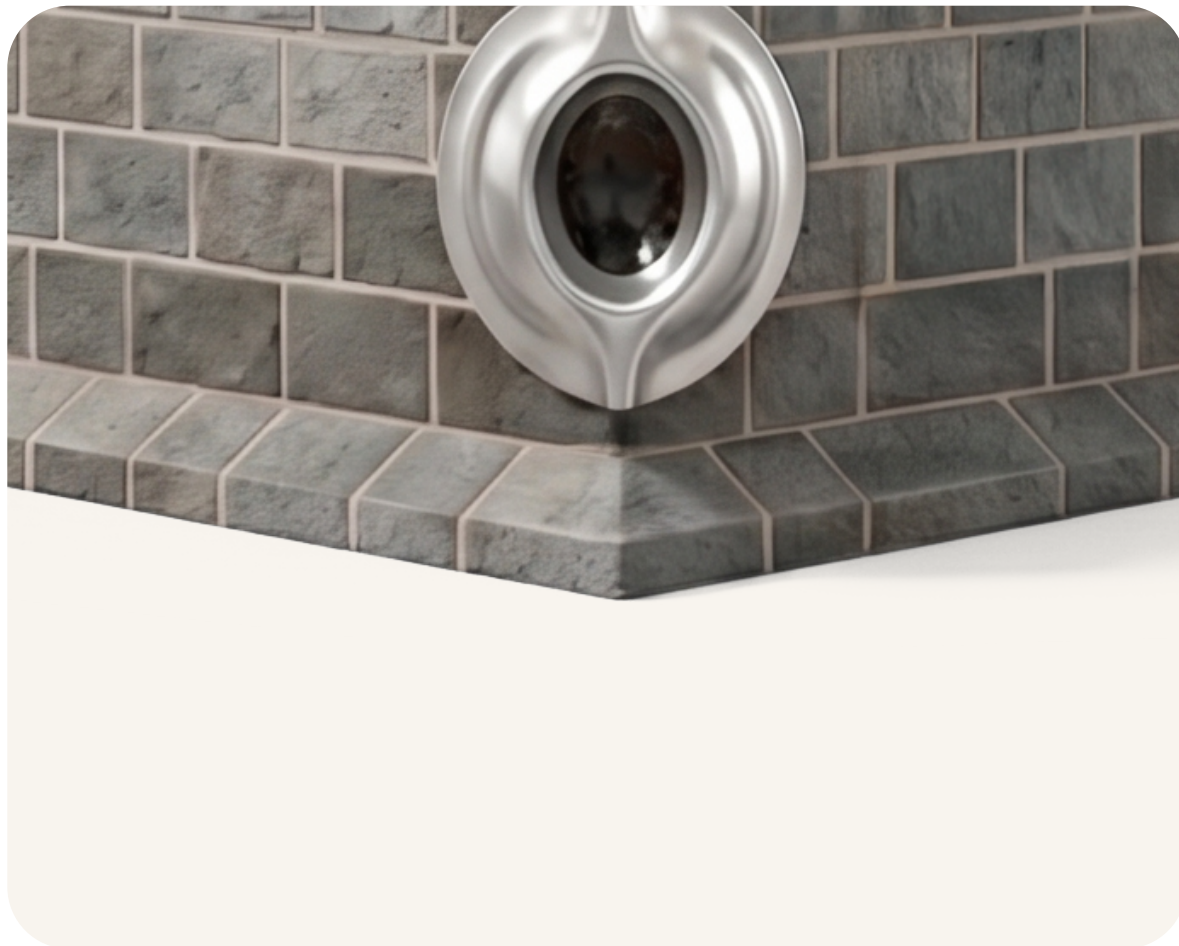
Begin reciting the Talbiyyah:

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ، لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ،
إِنَّ الْحَمْدَ وَالنَّعْمَةَ لَكَ وَالْمُلْكُ، لَا شَرِيكَ لَكَ

Performing Tawaf



! You must be in a state of wudu before Tawaf



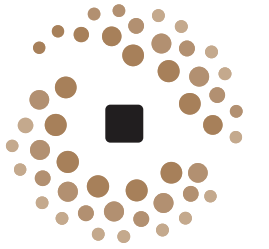
4 Proceed to the Ka'bah and the Black Stone (Hajar al-Aswad).

5 Men should uncover their right shoulder.

6 Start at the Black Stone, saying, "**Allahu Akbar**", and **perform seven** complete circuits keeping the Ka'bah on **your left**. Men should walk at a quicker pace for the first three circuits.



Prayer and Zamzam



7

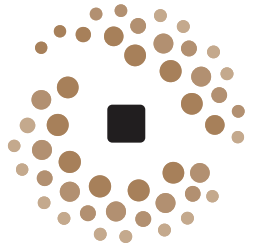
After completing Tawaf, men should cover both shoulders. Go to Maqam Ibrahim and pray two rak'ahs there.



8

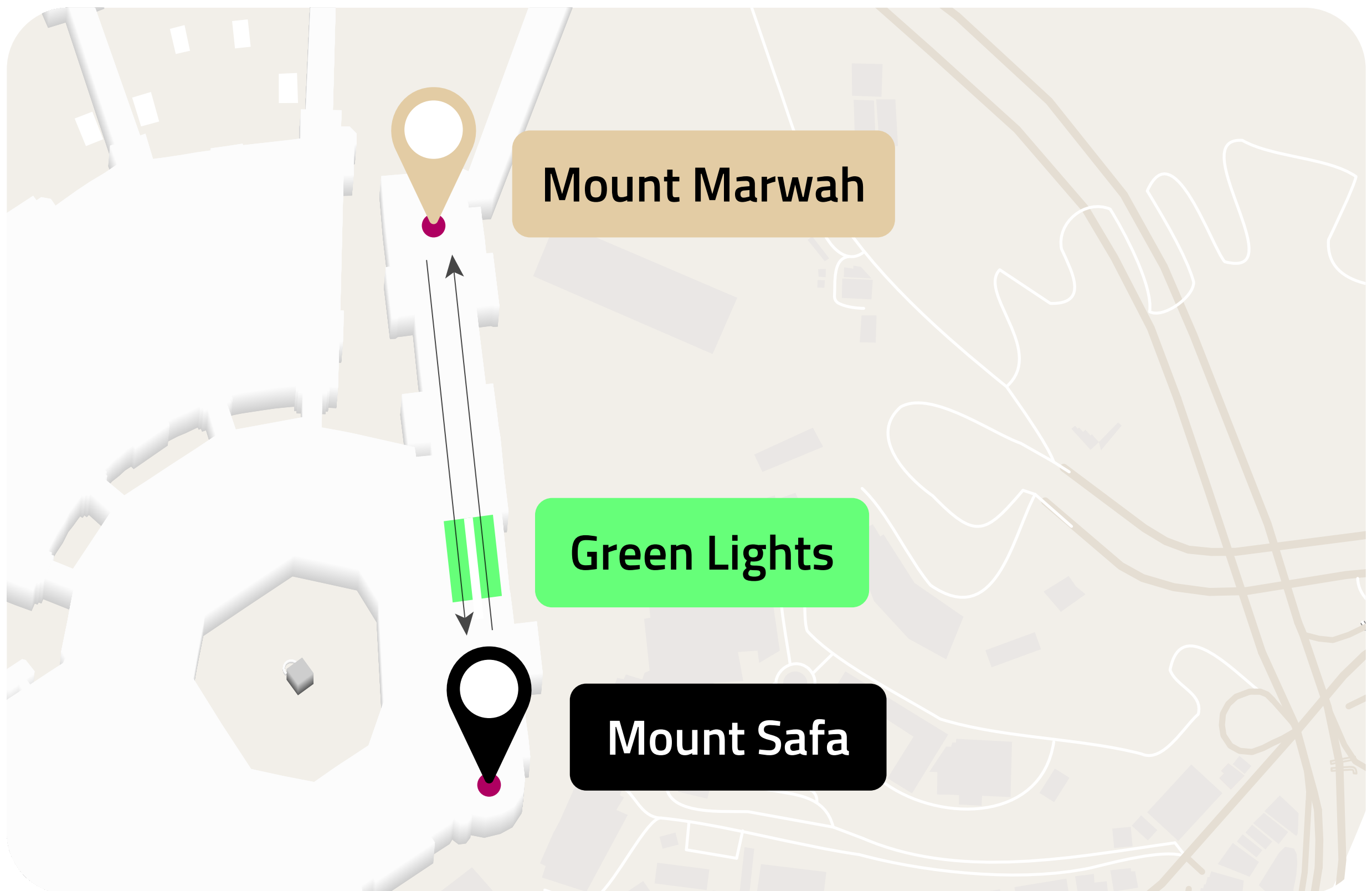
Then proceed to drink Zamzam water, available at taps and containers throughout the Masjid.

Performing Sa'i

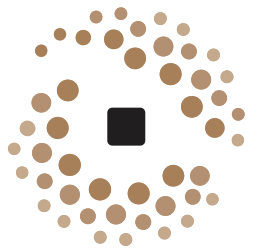


9

Sa'i starts from Mount Safa. Walk from Safa to Marwah, which counts as one complete circuit. It is recommended for men to run between the two green lights. **Perform seven** complete circuits. The last circuit should place you at Marwah.



Completing Your Umrah



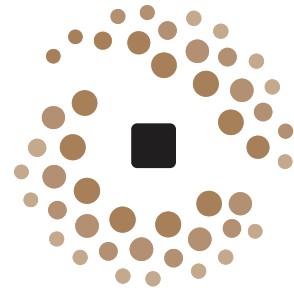
- 10 Men must shave their hair or cut it equally from all sides of the head.



- 11 Women must cut a fingertip's length from the ends of their hair in the privacy of their rooms.



Once you complete this step, your Umrah is complete, and all Ihram restrictions are lifted.



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Each step brings you
closer to completing
this blessed journey.

May your Umrah be accepted.

For more Hajj and Umrah guidance
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