



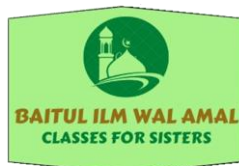
HAJJ & 'UMRAH PACKING LIST



USEFUL ITEMS THAT YOU MAY NEED



Take all the necessary physical means but place your heart and reliance on Allāh Alone.



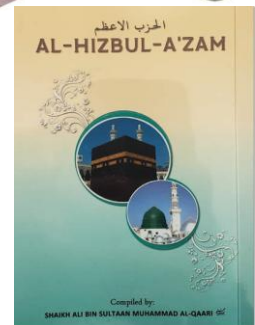
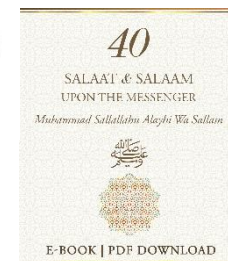
TRAVEL ITEMS IN HAND LUGGAGE

- ❖ Travel Pillow/Eye mask/Earplugs
- ❖ Prescription Medication/Cold and Flu
- ❖ Phone Charger/Power bank/Earphones
- ❖ 1 pair of extra clothing
- ❖ Men: 'Ihrām clothing/Safety pins/Slippers/Itr-perfume-100ml
- ❖ Small bottle for toilet use.
- ❖ Travel Musalla/Wuḍū' Socks
- ❖ Spare Bags/Ziplock Bags
- ❖ Travel Towel
- ❖ Passport/Tickets/vaccine certificate (also keep pics in phone)
- ❖ Photocopies of: Passport/Visa/Vaccine Certificate/ Emergency contacts, keep separate from your passport bag
- ❖ Mark your bags inside and outside. (name tags, cloth etc.)
- ❖ Money (enough for journey)
- ❖ Pocket Tissue/Fragrance free: wet wipes/moisturizer
- ❖ Snacks

RELIGIOUS ITEMS

- ❖ Zipper Pocket Qur'ān, (PDF)
- ❖ Du'ā' Books/40 Darūds/Hizbul A'zam
- ❖ List of Personal du'ā's/persons who asked you to make du'ā'/persons who asked you to give salams to the Prophet ﷺ

- ❖ Prayer mat
- ❖ Ḥajj Book/Notes
- ❖ Extra 'Ihrām
- ❖ Digital Tasbīh Ring.



TOILETRIES

- ❖ Shampoo and other Hair Products
- ❖ Bath Soap/ Shower Gel / Laundry Detergent
- ❖ Unscented soap/small hand soap
- ❖ Body lotion
- ❖ Deodorant
- ❖ Hand Sanitizer/ Wipes
- ❖ Comb



TOILETRIES CON'T.

- ❖ Toothbrush, toothpaste & dental floss (miswāk)
- ❖ Unscented Vaseline/Chaffing Cream
- ❖ Toilet Paper and Travel napkins
- ❖ Pantyliners/Pads (odourless)
- ❖ Shaving sets
- ❖ Hanging Toiletry Bag



GENERAL ITEMS

- ❖ Nail clipper
- ❖ Small Scissors
- ❖ Over the door Hook/Hangers
- ❖ Plastic Bag to put flip flops/
chappals/shoes
- ❖ Drawstring Bag to take to Ḥaram
- ❖ Extra pair of Slippers
- ❖ Spray Bottle
- ❖ Small Hand Fan
- ❖ Compressed Towel tablets



GENERAL ITEMS CON'T.

- ❖ Ziploc bags
- ❖ Surgical masks to wear in crowds/dust
- ❖ Umbrella (for sun)
- ❖ Water bottle
- ❖ Prescription Glasses/ Contacts/ Sunglasses
- ❖ Universal travel adapter
- ❖ Bathroom Slippers
- ❖ Small Torch
- ❖ Air Tracker Tags



GENERAL ITEMS CON'T.

- ❖ Travel/Money pouch.
- ❖ Scarfs/Misr, bright colour ribbon
- ❖ Large/small safety pins.
- ❖ Small Ring Tasbīh with 7 beads.
- ❖ Wuḍū' Socks. Leather.
- ❖ Non-Slip Grip Socks for Ṭawāf



MEDICATION

- ❖ Pain killers, plasters
- ❖ Cough syrup/lozenges/Strepsils etc.
- ❖ Prescription medication (diabetes etc.)
- ❖ Allergies.
- ❖ Diarrhoea.
- ❖ Cataflam or Voltaren for body/ muscle pain.
- ❖ Magnesium for Muscle Strength
- ❖ Honey for Immunity Boost

MEDICATION CON'T.

- ❖ Constipation
- ❖ Gravol- Motion sickness (Bus and air)
- ❖ Vicks Vapour Rub
- ❖ Antibiotics (Throat, Chest, and Stomach Infections)

- ❖ Eye drops

- ❖ **Electrolytes** Tablets/Powder (a must, as it will be very hot, drink while walking, doing tawaf etc. Can be added to your water bottle with Zamzam water.)

- ❖ Vitamins (c)

- ❖ Multi-vitamins





CLOTHING

- ❖ Hijābs/Ṣalāh Burkha
- ❖ 3-4 loose Dresses/Gowns/Abāyas
- ❖ 3-4 pairs of Pants/Tights
- ❖ Hoody/Cardigan
- ❖ Socks for Madinah or AC areas
- ❖ Underwear and Pyjamas.
- ❖ Scarf for neck, Hair ties
- ❖ 1 thin Bath Towel and 1 Hand Towel
- ❖ Comfortable Shoes (slippers/ sandals)

5 DAYS OF HAJJ

- ❖ Lightweight spacious back pack
- ❖ Pocket Qur'ān and du'ā' books
- ❖ 2/3 pairs of clothing/extra underwear/pants/tights
- ❖ Musalla
- ❖ Sleeping mat, sheet, blanket and pillow
- ❖ Unscented: hand soap/deodorant/toiletries
- ❖ Toilet paper/small tissue packs, over the door hook, extra plastic bags
- ❖ Medication (electrolytes/vitamin c)
- ❖ For men: Chaffing gel/Vaseline
- ❖ Torch

5 DAYS OF HAJJ

- ❖ Small Towel.
- ❖ Small Scissors.
- ❖ Snacks: Protein Bars/Energy bars/Dried fruit/Nuts/Chewda/Cereal bars/Candy/gum
- ❖ No meals in Muzdalifah
- ❖ Small bag/s to collect stones at Muzdalifah
- ❖ Sunglasses with strap (if needed)
- ❖ Sunscreen lotion (if needed)
- ❖ Power bank
- ❖ Spray Bottle
- ❖ Muallim card that shows which group you are in Mina and 'Arafah

TIPS

- ❖ Get to Jumu'ah Ṣalāh three hours early.
- ❖ In Mina there are thousands of tents. Send your location pin to your maḥram so that when you return you can find your tent easily. (hold hands)
- ❖ Give in charity as much as possible.
- ❖ Be generous/share.
- ❖ Make friends with your group/tent mates and enjoy the journey.

TENT CITY

⚠ In Mina, this is how people get lost.

They walk out thinking:
"I'll remember the way."

They don't.

Everything looks the same.
Same white tents. Same rows. Same streets.

Thousands of tents.

Here's how to avoid it:

**One mistake... and you
won't find yours.**

- ✓ Memorize your tent number.
- ✓ Know your zone + street/row
- ✓ Look for fixed markers (toilet signs, tunnel numbers, street poles)
- ✓ Always carry your ID

Before you leave your tent:

- 👉 Take a photo of your tent + nearby sign
- 👉 Drop a pin on your map
- 👉 Agree on a meeting point with your group

And one more thing most people ignore:


Don't walk alone if you don't know the layout.

Because once you're tired...
every direction starts to feel right –
and that's when people get lost.

USEFUL APPS

- ❖ Nusuk App (must)
- ❖ 13 Line Qur'ān
- ❖ My Dua List App
- ❖ Life With Allāh (Du'ā's/Booklets etc.)
- ❖ AlMaqsad - AlHaram Navigation
- ❖ Mina Locator App

- ❖ **Madinah Guidebook-** The Haramain Guide Series



May Allāh Ta‘ālā
grant you a safe
journey to and back
with ‘āfiyah.

May He grant you
a Ḥajj Mabṛūr.

ĀMĪN