ONLINE EDITION

HAJJ NASEEHA

WOMEN'S UMRAH COMPANION

A GUIDE FOR WOMEN PERFORMING UMRAH



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We request all readers of this publication to please make Du'a that Allah accepts this humble effort of providing essential advice to the guests of Ar-Rahman.

O Allah, send prayers upon our master Muhammad, the opener of what was closed, and the seal of what had preceded, the helper of the truth by the Truth, and the guide to Your straight path. May Allah send prayers upon his Family according to his greatness and magnificent rank.

Women's Umrah Companion
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Please make Du'a for everyone, their parents and families.

WELCOME

We begin with the name of Allah, the Most High, and send salutations upon the last and final Messenger Muhammad ﷺ

This book has been compiled to help our sisters feel more comfortable in their journey of performing Umrah. We have presented various issues and challenges that we believe sisters encounter when performing the pilgrimage, which are often neglected, not spoken about and of which many are unaware.

This publication consists of mainly practical advice. Please further your knowledge on the Fiqh of Umrah by attending beneficial talks/seminars and reading literature that is dedicated to the Hujjaj.

Every effort has been made to ensure all the information in this book is correct, authentic, and in accordance to the Hanafi school of thought. However, if you feel there are any errors then please inform us via email at info@hajjnaseeha.com. Your comments and feedback would be highly appreciated. Remember us in your Du'as.

FOREWORD

I begin in the name of Allah, the most Beneficient, the most Merciful. And I send salutation to our Master, our beloved ﷺ the one who resides in the grave next to where I am sitting, next to the Rawdah.

I pray that Allah ﷻ accepts this effort from the contributors including the Ulama who have taken time out and effort for this work. Hajj is a pillar of Islam and Umrah is one of the important obligations of Islam. There are different rulings within Islam for men and women.

This is a noble effort to clarify the different rulings for females and inshaAllah we pray and hope this book will help many women and sisters to perform their obligation in the correct manner.

May Allah ﷻ accept this effort; may Allah ﷻ make it a means of salvation in the hereafter, for all those who made the effort behind it.

Shaykh Yunus Dudhwala
Riyadhul Jannah, Masjid An-Nabawi
01 Jumaadal Ulaa 1443ah

UMRAH

"Accomplish the Hajj and the Umrah for Allah," *[Surah Al-Baqarah | Verse 196]*

Our Prophet Muhammad ﷺ said:
"(The performance of) Umrah is an expiation for the sins committed between it and the previous one. And the reward of an accepted Hajj is nothing but Paradise." *[Bukhārī & Muslim]*

He also said: "An Umrah in Ramadān is equivalent (in reward) to Hajj," or he said: "Hajj with me." *[Bukhārī & Muslim]*

Umrah is a journey that requires one's spiritual, physical and financial effort. Though slightly different from Hajj in terms of rituals, nevertheless it is a once in a lifetime journey which millions around the world yearn to undertake.

We ask Allah to accept your intentions, your sacrifices and efforts, and protect you and your loved ones whilst embarking on this blessed journey. Aameen.





MAHRAM

A Mahram is a male whom a woman is not allowed to marry at any time in her life, due to close blood relationship, foster relationship or relationship by marriage.

A woman must be accompanied by her husband or a Mahram, who is mature, sane and not openly disobedient, in order for her to travel for Umrah.

"It is not permissible for a woman who believes in Allah and the Last Day to travel above three days except with her father, son, husband, brother or a close relative with her." *[Musnad Ahmed]*

Thus a woman should not travel for Umrah without her Mahram as she will be sinful. However, her Umrah will be completed. *[Ghunyatun Al Nasik and Radd Al Muhtar]*

"...their husbands, their fathers, their husbands' fathers, their sons, their husbands' sons, their brothers, their brothers' sons, their sisters' sons, their women, that which their right hands possess, or those male attendants having no physical desire, or children who are not yet aware of the private aspects of women."
[Surah Noor | Verse 31]

IHRAM

Entering the state of Ihram does not merely mean wearing the required clothing; rather it includes placing your body and mind into the specified sacred state with the intention of performing Umrah. You must enter into the state of Ihram before you reach the Meeqat boundary.

MEEQAT

It is the boundary before which pilgrims must be in the state of Ihram, otherwise a penalty will be due on them. This means wearing the Ihram (for men) and making the intention of Umrah. *[Muslim 1183]*

Those landing in Jeddah airport would need to be in Ihram before the plane lands whereas those landing in Madinah or Riyadh airport do not.

WHAT CAN BE WORN

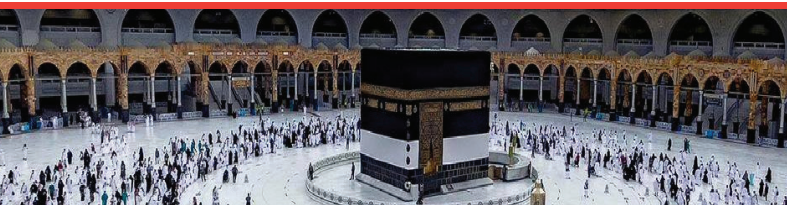
The Shari'ah has not stipulated any particular type of clothing for women to wear whilst in Ihram during Umrah. Women may wear stitched clothes and shoes.

Therefore, it is recommended that you adopt any appropriate clothing that complies with the principles of the Shari'ah.

CLOTHING

Your attire must be suitable for the weather climate of Makkah (and Saudi Arabia in general). Madinah can get chilly at times, so keep this in mind.

- Garments worn in the state of Ihram may be white or any other colour
- Keep clothing and shoes as simple and comfortable as possible
- Simple Abayah and scarf - loose-fitting and covering the body completely
- Practise walking in your chosen footwear so your feet adjust to them
- Avoid garments that touch or drag on the floor, and avoid any type of high heels





A common misconception is that women should not wear undergarments during Ihram. As mentioned, women are allowed to wear normal clothing; no specific types of garments have been prescribed. *[Abu Dawud]*

WHAT CAN'T BE WORN

- Niqab/Veil that touches the face *(You can wear a Niqab whilst out of the state of Ihram)*
- Any garments that expose the Awra including tight-fitting, flimsy or see-through clothing

The general principle of maintaining modesty and covering should always be upheld.

It is a desirable action to make effort to cover without touching the face, as Allah loves those who strive for His sake. *[Badai As-Sanai, Al-Hajj wa al-'umrah fi al-fiqh al-Islami, Nur-al Idah]*

MARITAL RELATIONS

Sexual intercourse during Ihram is strictly prohibited (until after the hair is cut).

WHAT IS PROHIBITED

Once you are in a state of Ihram, any action which leads to sexual intercourse is prohibited such as kissing, hugging and touching with desire. If you were to commit any of these acts, then Damm (sacrificing an animal as compensation) will be binding upon you. *[Maraaqiyul Falaah, Radd ul Muhtaar]*

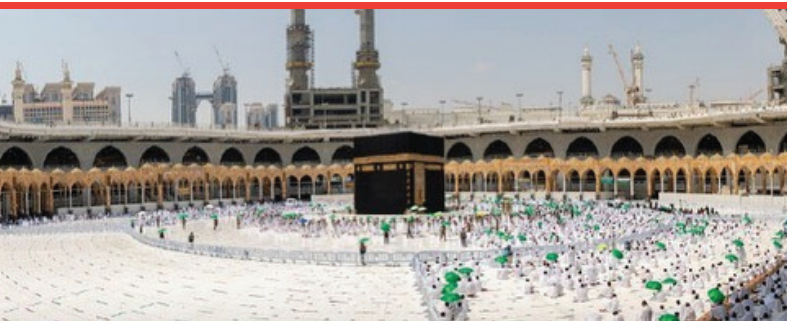
WHEN IS UMRAH INVALIDATED

Whoever has intercourse before performing majority circuit ie. four rounds of Tawaf then Umrah will be invalid. One must continue their Umrah, then as penalty, slaughter a goat. A Qadha (ie. repeating the Umrah) must be done later. *[Al-Lubab]*

WHEN ARE SEXUAL RELATIONS PERMITTED

Sexual intercourse and sexual relations will be permitted and lawful again once you are out of the state of Ihram. *[Nur al-Idah]*

Try your very best to not be in a position which violates the rules of Ihram and as a consequence, you are required to pay a penalty. It is not a matter of whether you can afford it and feel you can deliberatley invalidate your Ihram as that in itself is sinful and a heedless mentality. It is important to uphold the rulings of Ihram as you are in a sacred and rewarding state.



TALBIYAH

The Talbiyah, transmitted from Ahadith, is to recite:

لَبَّيْكَ اللّٰهُمَّ لَبَّيْكَ , لَبَّيْكَ لَاشَرِيْكَ لَكَ لَبَّيْكَ,
اِنَّ الْحَمْدَ وَ النِّعْمَةَ لَكَ وَالْمُلْكُ لَا شَرِيْكَ لَكَ

LabbaykAllah Humma Labbayk, Labbayka Laa Sharika Laka Labbayk, Innal Hamda, Wanni'mata, Lakawal Mulk, Laa Sharikalaka

"Here I am, O Allah, here I am. Here I am, You have no partner, here I am. Verily all praise and blessings are Yours, and all sovereignty, You have no partner." *[Jami` at-Tirmidhi]*

You should recite the Talbiyah quietly. It is permissible to recite it during menstruation. *[Quduri, Muallimul Hujjaj]*

NIQAB AND CAP NIQABS

Women who wish to cover may do so by using their scarf without touching the face, or by using a Niqab attached to a cap (see picture), which protrudes outwards and falls away from the face. *[Al-Hajj wa al-'umrah fi al-fiqh al-Islami and 'A Woman's Guide to Hajj & Umrah'].*

The following are some helpful tips:

- Try to lift the cap Niqab away at regular intervals whenever possible
- Carry a water spray to keep cool
- Use handheld fans
- Use a book or paper hand fan to cover the face when needed or wear sunglasses



A cap like this can be used

TOILETRIES

It is important to avoid scented toiletries eg. hand wash, moisturiser, sun cream, shower gel etc. It is also best to keep toiletries that have scent away from you during the state of Ihram as you might use them mistakenly. You should be wary of scented sanitary towels and pantyliners.

MAKE-UP

Make-up should not be used during Ihram since one is supposed to present themselves in the most simple and humblest way. Anything that might lead to intimacy with one's spouse, or which may attract unwanted attention from the opposite gender, is greatly disliked and must be avoided. Some products may also be scented. If you use make-up for health reasons, please consult a trusted scholar for further advise.

JEWELLERY

It is permissible for a woman to wear ornaments/jewellery while in the state of Ihram. 'A'ishah ﷺ was specifically asked about this and deemed it permitted *[Bukhari]*.

However, it would be disliked to wear it to a degree that would draw undue attention to oneself, especially from the opposite gender.

PERFUME

It is prohibited to wear perfume and deodorants of any kind whilst in the state of Ihram. A lightly-fragranced deodorant may be used before entering the state of Ihram to fulfil the Sunnah. If you change your clothes when in Ihram, ensure they have not been perfumed.

Avoid applying strong perfumes even outside of Ihram. However, this does not mean you cannot wash your clothes or use scented shower gels, soaps etc. before you enter the state of Ihram. *[Jami' At-Tirmidhi]*

GLASSES AND CONTACT LENSES

It is permitted for women to wear glasses and contact lenses during Ihram, as long as it is intended for medical purposes and not used for beautification. *[Imdadul Ahkam]*

The more cautious and hassle-free approach would be to opt for simple spectacles instead of contact lenses.

HAIR AND NAILS

Any form of hair removal (including plucking the eyebrows) and clipping nails is prohibited during Ihram. One should be discouraged to comb hair during Ihram. If your hair has already fallen from its roots whether by itself or before Ihram and you just removed it away then there will be no penalty. *[Ghunyatu Al Nasik]*.

A penalty will be due if you purposefully pulled out your hair.

MEETING POINTS

When you first enter a new city or town, make a note of your hotel details or take a card from the lobby if they have one. Ensure your family members also have this information.

It is recommended to arrange a meeting point, keep a mobile phone on you and familiarise yourself with your surroundings to avoid getting lost.

Avoid arranging to meet by a pillar, or shoe racks, as there are so many of these and it will lead to confusion.

SHOPS AND RESTAURANTS

You should be aware that there is a separate queueing system at some restaurants, shops and money exchanges for men and women. There is also a 'families section' in some restaurants where ladies can sit and eat with their Mahrams.



HEALTH & HYGIENE



CROWD AND HEAT

Perform rituals at less busy times whenever possible. You should avoid the most crowded areas, especially when exiting the Masjid.

Heat exhaustion and heatstroke are major causes of death - stay hydrated, apply sunscreen, and seek shade. If possible, perform Umrah at night to avoid daytime heat.

ESCALATORS AND STAIRS

Be careful with long garments when going down the stairs and on escalators. Take care of yourself and those with you, especially those who haven't used escalators before.

FOOD AND WATER

Have healthy, wholesome and high-energy food. Wash all fruit and vegetables before eating.

Avoid having sugary snacks, fried and oily food as well as soft drinks; these can slow down your energy levels and make it difficult to worship.

Be in the habit of drinking Zamzam water regularly. When you are not able to access Zamzam, buy bottled water; avoid tap water.

FIRST AID

Keep a small first aid kit with you. It is worth learning basic first aid skills as part of your Umrah preparation.

PREVENTING ILLNESSES

Always ensure you cover your mouth when sneezing and coughing. Throw away used tissue in a bin; do not drop them on the floor or leave them where someone can easily come into contact with them.

Wash your hands when coming back to your accommodation. In the state of Ihram, you can use non-fragranced hand wash or wipes. Wearing masks especially outside of the state of Ihram is recommended.

MENSTRUATION

If your menstruation occurs during your time in Umrah, try not to feel disheartened as the only Umrah ritual not permitted during this time is Tawaf. However, without the Tawaf, you cannot proceed to perform Sa'ee for Umrah. Therefore this may lengthen the time you spend in Ihram. *[Quduri]*

It is permissible to take medication to delay the menses. However, if your menses will finish whilst you are still in Makkah it is better not to take them.

Whilst in the state of Ihram be mindful not to engage in activities that will break it.

'A'ishah ﷺ said, "We set out with the sole intention of performing Hajj and when we reached Sarif (a place six miles from Makkah), I got my menses. Allah's Messenger ﷺ came to me while I was weeping. He said **'What is the matter with you? Have you got your menses?'** I replied, 'Yes.' He said, **'This is a thing which Allah has ordained for the daughters of Adam. So do what all the pilgrims do with the exception of the Tawaf (Circumambulation) round the Ka`bah."** `A'ishah ﷺ added, "Allah's Messenger ﷺ sacrificed cows on behalf of his wives." *[Bukhari]*

ACTS OF WORSHIP THAT ARE NOT PERMISSIBLE DURING MENSTRUATION ARE:

- Reciting Qur'an
- Performing Salah
- Making Tawaf
- To enter Masjid Al-Haram or Masjid An-Nabawi (you can enter the courtyard)
- To enter a Masjid

ACTS OF WORSHIP WHICH ARE PERMISSIBLE AND RECOMMENDED:

- To enter the Safa and Marwa area
- To enter a Masjid compound/courtyard
- Doing Zikr, Istighfar (seeking forgiveness) and Talbiyah
- Salawat upon Rasulullah ﷺ
- Making Du'a
- Looking at the Ka'bah (from Safa and Marwa building, a hotel room/balcony etc)
- Giving Sadaqah (charity)
- Reading Islamic books

FAQ ON MENSTRUATION

Answered by female scholars

Q: If I'm on my period, does my Umrah become void?
A: Umrah does not become void due to menses; the only ritual you cannot perform is Tawaf.

Q: Can I enter the state of Ihram whilst on my menses?
A: Yes, but without praying the 2 Raka'ah for when one enters the state of Ihram.

Q: Is it recommended to take the pill to delay my menstruation for Umrah?
A: Whilst it is permissible, it is not recommended. In addition, taking the pill may have an adverse effect on the body.

However, some women have never experienced side effects thus choose this option for ease of mind and convenience.

Q: After completing Tawaf, I realise I started my menses. Would the Tawaf be valid?
A: Yes, it will be valid; menses will only start when the bleeding is seen. You may continue to perform the Sa'ee and cut your hair to complete the Umrah.

Q: If I am on my menses and leave Makkah without performing Tawaf ul-Wida, will I need to give a sacrifice?
A: There is no penalty; a woman in this case is exempt from Tawaf ul-Wida as she cannot perform it during her menses.

Q: What should I do if I want to visit the grave of Rasulullah ﷺ, but I am on my menses?
A: Although women on their menses are prohibited from entering the Masjid, one can still present their Salam and recite Salawat from near the green dome at any time.

Q: If I'm on my period, do I still make Niyyah for performing Umrah?
A: Yes, make the intention; you will perform your Umrah once you are clean.

PREGNANCY

It is recommended to seek professional advice before making the decision to travel. If there is a fear of miscarriage or harm to your unborn child, you should consider postponing Umrah to a later time. Extreme heat, large crowds and possible lack of amenities are all circumstances one should expect and for which one should mentally and physically be prepared. Here are some points to bear in mind:

- Wheelchairs are usually easy to find; they can be purchased from pharmacies or near the Haram
- Take your vitamins and iron supplements and be regular on your liquid intake, including Zamzam
- Know your limits - don't exert yourself
- Avoid going out anywhere on your own, even if it is to the Masjid
- Perform Tawaf and Sa'ee on the upper floors. Please note, Tawaf may take more time as the distance is much longer than the ground floor
- DO NOT approach the Black Stone or crowded areas
- Make a note of nearby hospitals and clinics

For further reading visit:
www.fitfortravel.nhs.uk

CHILDREN

Taking children for Umrah is fine provided you are taking care of their wellbeing and it doesn't affect your own worship. Consider the following:

- Get your children vaccinated and keep essential medications with you eg. Paracetamol, inhalers, sunscreen etc.
- Ensure your details are on them (as well as that of your hotel and tour guide), perhaps in the form of a bracelet or a card on a lanyard.
- Keep your children cool, hydrated and in shaded areas.
- Avoid taking children into commonly crowded areas such as: close to the Ka'bah, Rawdah, escalators etc.
- If you have any health concerns for your children whilst there, seek immediate medical advice.
- Breastfeeding doesn't affect the Ihram.
- Be aware of using scented baby products whilst in Ihram. Look for alternatives or speak to a doctor/pharmacist to see what is most appropriate for your child.

PRAYING NEXT TO MEN

This is a very common occurrence as thousands of people are in the Haram at one time during Umrah. There are areas which are designated for women in the Haram, but this is something which goes unnoticed by many due to the sheer number of people; hence some men and women unintentionally pray next to each other.

Women and men should try their utmost to avoid praying next to each other, whether in congregation or individually, due to the possibility of having either of their prayers invalidated. The general ruling is that women should stand behind men when they are praying together in congregation. *[Quduri]*

ATTENDING EARLY

Due to the large number of people, it is best to go to the Masjid as early as possible to find a comfortable space to do your prayers and Ibadah. For Jumu'ah, it is recommended to go at least 2-3 hours before it begins.

SALAH IN JAMA'AH (CONGREGATION)

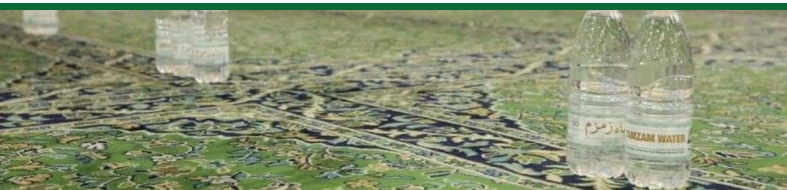
Salah in Jama'ah is prayed behind an Imam; every movement of the Imam, which he will indicate aloud, will need to be followed.

AUDIBLE SALAH (JAHRIYYAH)

This is where the Imam will recite Surah Al-Fatihah and another Surah audibly - listen attentively. Audible recitation takes place for Fajr, Maghrib, 'Isha as well as Jumuah, Tarawih and Witr during Ramadan.

INAUDIBLE SALAH (SIRRIYYAH)

This is where the Imam will recite Surah Al-Fatihah and another Surah quietly - remain silent and concentrate on the Salah. Inaudible recitation takes place for Zuhr, Asr and Janazah.



JUMU'AH

Jumu'ah Salah is prayed every Friday and is compulsory on men. However, in Makkah and Madinah, like many Masajid, there is space for women too. There are two compulsory components to Jumu'ah: Khutbah and Salah.

KHUTBAH

This is the first part where the Imam gives a sermon, usually a weekly reminder on various topics. In Makkah and Madinah, as well as many parts of the world, this is done in Arabic. It is obligatory to stay silent and not talk for the duration of the Khutbah.

Abu Hurayrah ﷺ reported that the Prophet ﷺ said:
"If you say to your companion when the Imam is preaching on Friday, 'Be quiet and listen,' you have engaged in idle talk." *[Bukhari & Muslim]*

"When you hear your Imam speaking, then keep quiet and listen attentively until he has finished." *[Ahmad & Ibn Maajah]*

SALAH

This is the second component of Jumu'ah. The Imam will lead two Raka'ah of Salah in which he will recite audibly in both Raka'ah. Listen attentively and follow the actions as you would for other Salah. *[Quduri]*



SALATUL JANAZAH

This is the funeral prayer. There is usually a Salatul Janazah taking place after every prayer in both Makkah and Madinah. Salatul Janazah is performed standing throughout the Salah.

In the Salatul Janazah, there is no Azaan, Iqaamah, Qira'ah, Ruku, Sajdah or Qa'dah (sitting position in Salah). You need to have the intention of performing Salatul Janazah for the sake of Allah and as a Du'a for the deceased.

STEP ONE:

1. One must say 'Allahu Akbar' while raising both hands as in Takbir At-Tahreemah (the same manner in which you raise your hands to begin the daily Salah).

Fold your hands then recite Thana.

STEP TWO:

2. After this, say 'Allahu Akbar' again, but do not raise your hands. Recite Salawat (Durood Ibrahim), as you would in the daily Salah.

STEP THREE:

3. Repeat 'Allahu Akbar' a third time without raising the hands, followed by the Du'a for the deceased.

STEP FOUR:

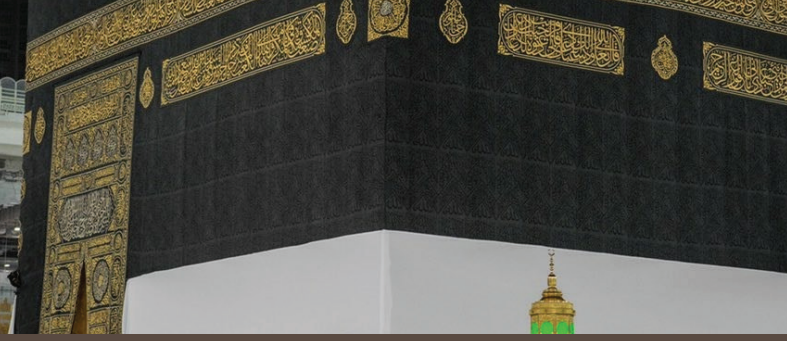
4. Say the Takbir for the fourth and last time, followed by the closing (two) Salams.

The Imam might do only one Salam to the right; you should go ahead and do the second Salam to the left by yourself.

Please refer to a trustworthy Du'a book to learn the necessary Du'as.







THE KA'BAH

This is the House of Allah, the Baitullah, located in Al-Masjid Al-Haram, towards which every Muslim from around the world prays. Merely looking at the Ka'bah is highly rewarding.

There are separate areas for women to pray; however at all other times, there is no segregation. If you are on your menses, you are not allowed to enter the Masjid.

"A prayer in Al-Masjid Al-Haram is better than a prayer in any other mosque with one hundred thousand prayers..." *[At-Tabaraani & Ibn Khuzaymah]*

TAWAF

Tawaf is performing a full circuit around the Ka'bah seven times. Women are recommended to perform Tawaf at times when it is not expected to be busy, usually at night time or in less crowded areas such as the upper floors, though it may take longer than doing it on the ground floor.

It can get hot, so keep a bottle of water with you. Wear sunglasses or carry an umbrella to protect yourself from the sun.

Unlike men, there is no Idhtibaa' (to uncover the right shoulder during Tawaf) nor Raml (to walk swiftly in the first three rounds of Tawaf) for women; this is due to the prohibition of exposing the body.

You should be aware of maintaining your modesty whilst being near the Ka'bah; try your best to avoid walking too close to men.



SAYYIDATUNA 'A'ISHAH'S ﵂ TAWAF

'A'ishah ﵂ used to perform Tawaf separately and never mixed with men. The wives of the Prophet ﷺ used to come out at night in disguise to perform Tawaf. Whenever they intended to enter the Ka`bah, they would stay outside until the men had gone out.

Once it happened that 'A'ishah ﵂ was performing the Tawaf and a woman said to her, "O Mother of the believers! Let us touch the Black Stone." 'A'ishah ﵂ said to her, "Go yourself." And she herself refrained from doing so. *[Ibn Juraij]*



BLACK STONE

Kissing the Black Stone is from the actions of the Prophet ﷺ, as found in several Ahadith. Though it is highly rewarding, it is not an obligatory act.



It is Haraam to harm another Muslim; therefore we cannot force our way through crowds or push past others whilst they are praying, in order to kiss the Stone.

This is especially important for women for their own safety and protection.

SA'EE

Sa'ee is performed by walking between the hills of Safa and Marwah seven times. There are various floors to perform Sa'ee.
Two green lights indicate where men are recommended to run. However, women must not run here. Once again, this is so the Satr is not exposed. *[Quduri]*

A woman on her menses is allowed to perform the Sa'ee, provided that she had already performed the preceeding Tawaf in a state of purity.



CUTTING HAIR

You are required to shorten your hair upon completing Sa'ee. A fingertip's length (approx. 1 inch) must be cut off and be done within the Haram boundaries.

Therefore, if your residence is within the boundaries, like most, you should get your hair cut in privacy and not in the streets, due to the reasons of exposing the Satr, modesty and hygiene. It is permissible for you to cut your own hair. *[Fatawa Mahmoodiah]*

If you have someone else cut your hair, then that person must be a female or your Mahram who is out of the state of Ihram themselves.

Alhamdulillah your Umrah is now complete.



GENERAL ADVICE

TOILETS, WUDU & SHOWERS
Women have separate toilet facilities which may include shower units around Al-Masjid al-Haram and Al-Masjid an-Nabawi.

If you feel uncomfortable in being alone, take someone with you to wait until you are finished. You may go at a quieter time. Be mindful of long queues, especially close to the Salah times.

It is highly recommended for you to take (unscented) toilet tissue and other hygiene essentials.

LITTERING
Throw away litter and rubbish in a bin and not on the floor; or hand it over politely to a dedicated worker.

PERSONAL SAFETY
Although a holy journey in the blessed lands, evil does take place, such as sexual harassment, theft etc. but this is not to say that it will happen to everyone. We ask Allah to protect us from these evils. Aameen.

Always stay with a Mahram and travel with trustworthy people; keep your belongings with you. Putting valuable items in concealed pockets is highly recommended.

Use licensed taxis, taking care never to travel with someone you are not familiar with, and be aware of your surroundings.

KEEPING COOL
The heat can be really intense whilst you are there. Here are some tips to stay cool and hydrated:

- Wear light/minimal clothing underneath your Jilbab
- Keep a small handheld spray bottle of water with you
- Soak a towel/handkerchief and dab on yourself
- Use a handheld fan
- Drink water regularly in small sips



TRAVEL LIGHT
Travel as light as possible; only take the essentials and don't forget to keep space for any gifts, dates etc that you'd like to bring back.

TOILETRIES
Many of the toiletries we think may be essential are not needed.
It is best to keep scented toiletries away from you during the state of Ihram as you may use them accidentally.

TAKE CARE OF OTHERS
Take care not to inconvenience others whilst they are resting, especially when you are praying, reciting Qur'an etc.

MOBILE PHONE
Ensure you have downloaded essential apps and maps. It is a good idea to keep a power bank on you.

You may also take an extension wire with you, so others can charge their devices too.

SOCIAL MEDIA
Social media can distract you from your Ibadah, so you are advised to disable or delete the apps during your stay.

This is a once-in-a-lifetime opportunity to perform Umrah and be in the two holy Mosques. Utilise your time whilst there and try to minimise posting on social media.

SELFIES AND PHOTOS
You may have the urge to take photos of the different places you visit.

Keep these to a minimum and be careful not to inconvenience others; put your devices away whilst you are performing an act of worship such as Tawaf, Sa'ee etc.

VISIT SITES
It is highly recommended to visit Islamic sites of historical importance that one learns about from the Seerah. The purpose of visiting these sites is to help increase your love for Allah and His Messenger ﷺ.





AL-MADINAH AL- MUNAWWARAH

Al-Madinah Al-Munawwarah is the city of our beloved Rasulullah ﷺ. It is also known as the Haram (sacred place). You should send salutations upon him abundantly during your time there.

VISITING THE MASJID

The rule is the same as entering any other Masjid, that women must be in a state of purity just like men.

In Masjid An-Nabawi, there are separate areas for women to pray in. Those who are not in the state of purity can sit outside in the courtyard and enjoy the atmosphere, the recitation and environment of the Masjid.

Please be respectful at all times in the Masjid and keep your phones on silent, especially near the resting place of Rasulullah ﷺ.

FEMALE GUARDS

There are female guards of the Masjid who will check your bags for security purposes. Please co-operate and let them do their job.



THE PROPHET'S ﷺ GRAVE

The grave is located inside the Masjid, under the green dome. When you visit Riyadhul Jannah, give Salam to Rasulullah ﷺ, as this is the closest you will be to Rasulullah ﷺ and his companions Abu Bakr ؓ and Umar ؓ.

Women who are not in the state of purity may give Salam from outside, close to the green dome.



RIYADHUL JANNAH

The area between the Sacred Chamber and the Pulpit (Mimbar) is known as the Riyadhul Jannah i.e. Garden of Paradise.

Abu Hurairah ﷺ narrated that the Prophet ﷺ said:
"Between my house and my pulpit lays a garden from the gardens of Paradise, and my pulpit is upon my fountain (Al-Kauthar)." *[Bukhari]*

It is recommended to pray and make Du'a here. There are specific times when women are given the opportunity to visit Riyadhul Jannah.



JANNATUL BAQI (GRAVEYARD)

Jannatul Baqi is where thousands of Sahabah, great scholars and notable individuals are buried, as well as many Hujjaj.

Women are not allowed to go inside due to government rules.

However, there are parts at the back and side from where you can look into the graveyard. Make Du'a for the inhabitants of Jannatul Baqi.

SHOPPING

There are many shops around the Masjid that sell Abayas, Hijabs etc. Please note, some shops may have male workers only, even though they sell women's products.

Remember this is the City of Rasulullah ﷺ so be respectful at all times and keep a check on your Adab and Akhlaq (character and conduct) regularly.



DU'A

Take a Du'a book, e.g. 'Fortress of the Muslim' or 'Prayers for Forgiveness'. Make a list of all the Du'as you want to make for yourself and others; keep these with you throughout your journey. Be regular in making abundant Du'a wherever you are.

KA'BAH

Whilst performing Tawaf, it is desirable to look down in humility and have utmost concentration. Du'a and Zikr should be made with presence of mind and should come from the heart.

LOOKING AFTER ELDERS

Look after the elderly women; many come for Umrah with their sons or husbands and tend to get separated from their family members in the Haramain.
Always try to be attentive to them and look out for their needs; serve them food and offer them tea/coffee where possible.

MODESTY IN SPEECH

Modesty in speech is extremely emphasised during your stay. In order to get the best out of your Umrah and reap maximum rewards from Allah, it is very important to refrain from worldly discussions. Take extra care to ensure you do not fall into the errors of backbiting, gossiping, arguing etc.

ENGAGING IN IBADAH

Women who are not in the state of purity should make the most of their time and engage in various permissible Ibadah.

UMRAH PACKING LIST

A list of recommended items to pack for your journey

"Take provisions along..." Qur'an 2:197

ESSENTIALS

- ☐ PASSPORT
- ☐ TRAVEL DOCUMENTS
  Tickets/booking confirmations – flights, accommodation etc. including photocopies, vaccinations etc
- ☐ BANK CARDS
- ☐ SOME SAUDI RIYALS
- ☐ MEDICAL CERTIFICATES

TOILETRIES AND MEDICATION

- ☐ SUN PROTECTION CREAM
- ☐ NECESSARY MEDICINE
  Imodium, Paracetamol, Lemsip, Vitamin C supplement, Lucozade Energy tablets
- ☐ PRESCRIBED MEDICATION *eg. diabetic*
- ☐ FRAGRANCE-FREE TISSUE & WIPES
- ☐ NON-PERFUMED SHOWER GEL *to use in Ihram*
- ☐ ALCOHOL-FREE DEODORANT *fragrance free*
- ☐ VASELINE & LIP BALM *non-perfumed*
- ☐ SANITARY TOWELS & LINERS
- ☐ TOILET PAPER
- ☐ A SMALL FIRST AID KIT
- ☐ HAIR BANDS & HIJAB SAFETY PINS
- ☐ SCISSORS AND NAIL CLIPPERS

FOOD AND SNACKS

- ☐ LIGHT HEALTHY SNACKS
- ☐ DRIED FRUIT & NUTS
- ☐ ENERGY AND PROTEIN BARS

SPIRITUAL & MISC.

- ☐ ZIKR BEADS/COUNTER
- ☐ QUR'AN *or Qur'an App*
- ☐ SALAM AND SALAWAT BOOK
- ☐ SEERAH BOOK
- ☐ MISWAK
- ☐ DIGITAL WEIGHING SCALE
- ☐ LUGGAGE STRAPS *to identify luggage*
- ☐ MARKER PEN *for marking Zamzam containers*
- ☐ SAUDI PRAYER TIMETABLE
- ☐ UNLOCKED PHONE & CHARGER
- ☐ DU'A LIST & PEN
- ☐ TRAVEL/LIGHT PRAYER MAT
- ☐ UNIVERSAL ADAPTER
- ☐ HANDHELD FAN/ SPRAY BOTTLES
- ☐ POWER BANK
- ☐ UMRAH GUIDE

CLOTHING

- ☐ ABAYAH, HIJAB
- ☐ LIGHT UNDERGARMENTS
- ☐ SUNGLASSES
- ☐ FLIP-FLOPS
- ☐ BUM BAG
- ☐ STRING BAG *for shoes*
- ☐ LIGHT CLOTHING UNDER ABAYA
- ☐ UMBRELLA
- ☐ TOWEL
- ☐ LIGHT JACKET
- ☐ NIQAB CAP

Whilst you may not need everything on the list, please do use it as a guide

FAQ ON IHRAM

Answered by female scholars on our Telegram group



Q: Can I use Vicks (vapour rub) in the state of Ihram?
A: Yes, you can use Vicks in Ihram as it is not a perfumed product.

Q: Whilst in Ihram, is it permissible for me to remove my Hijab in my room or in the presence of other women?
A: Yes, removing the Hijab does not 'break' the Ihram.



Q: Is there a penalty if I kill a head lice, or other insects, in the state of Ihram?
A: It is not permissible to kill head lice in Ihram. The penalty is Sadaqah, equivalent to Sadaqatul Fitr.

Q: Is it permissible to wear Niqab when not in Ihram?
A: Yes, after you've come out of Ihram, you can wear your Niqab as usual.

Q: What colour Abaya should I wear? Is white compulsory?
A: Colours are entirely your choice and what you're comfortable with.

Q: Is it ok for women to wear sunglasses during Ihram?
A: Yes, it's absolutely fine.

Q: Can I take flavoured cough sweets during Ihram?
A: Yes, you can, if there is a need.

Q: Before putting on my Ihram, am I allowed to use scented shampoo and soap?
A: Yes, you can.

Q: Can I use fragranced nappy sacks in the state of Ihram?
A: It's better to avoid as the scent can transfer on to your hands.

Q: Are we allowed to break a piece of hair during Ihram?
A: We are not allowed to deliberately break hair; any hair that breaks by accident is fine, though it is good practice to give Sadaqah just in case.

Brief UMRAH STEPS



1 INTENTIONS AND IHRAM



2 TAWAF

3 SA'EE



4 HAIR CUT





Please refer to authentic works on how to perform Umrah in detail.

WOMEN'S UMRAH COMPANION

A GUIDE FOR WOMEN PERFORMING UMRAH

Umrah is truly a special journey, particularly special for women, due to the difference in rulings that have been established in our beautiful religion.

This book has been compiled to help our sisters be more comfortable in their journey of performing Umrah, and be aware of issues and challenges they may face.

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