

Hajj & Umrah Guide

The Sunnah method step by step · every dua with its proof · Hajj day by day

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ

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Everything a pilgrim needs, in the order you will do it: Ihram, Tawaf, Sa'i and shaving for Umrah, then the days of Hajj from Mina to 'Arafah and back. Each step follows the Sunnah of the Prophet ﷺ, and every dua comes with its Arabic, meaning and the book it is from, with its grade. Extra duas that people commonly say are listed separately with their source.

🕋 Hajj and Umrah — why they matter

إِنَّ أَوَّلَ بَيْتٍ وُضِعَ لِلنَّاسِ لَلَّذِي بِبَكَّةَ مُبَارَكًا وَهُدًى لِّلْعَٰلَمِينَ ﴿٩٦﴾

The first House set up for mankind is the one at Bakkah (Makkah) — blessed, and a guidance for all the worlds.

Surah Aal-i-Imran (3:96)

... وَلِلَّهِ عَلَى ٱلنَّاسِ حِجُّ ٱلْبَيْتِ مَنِ ٱسْتَطَاعَ إِلَيْهِ سَبِيلًا ... ﴿٩٧﴾

Pilgrimage to the House is a duty owed to Allah by people who are able to find a way there.

Surah Aal-i-Imran (3:97)

... وَأَتِمُّوا۟ ٱلْحَجَّ وَٱلْعُمْرَةَ لِلَّهِ ... ﴿١٩٦﴾

Complete the Hajj and the ‘Umrah for Allah.

Surah Al-Baqarah (2:196)

“Whoever performs Hajj for Allah and does not speak obscenely or do wrong returns (free of sins) like the day his mother gave birth to him.”

Sahih al-Bukhari 1521 · Sahih Muslim 1350 · Sahih

“One ‘Umrah to the next is an expiation for what is between them, and an accepted Hajj (Hajj mabrur) has no reward except Paradise.”

Sahih al-Bukhari 1773 · Sahih Muslim 1349 · Sahih

“An ‘Umrah in Ramadan is equal (in reward) to a Hajj.”

Sahih al-Bukhari 1782 · Sahih al-Bukhari 1863 · Sahih

‘A’ishah (RA) asked about striving in Allah’s path; the Prophet ﷺ said: “The best striving (for you women) is an accepted Hajj.”

Sahih al-Bukhari 1520 · Sahih

Hajj and Umrah — the difference

Umrah can be done at any time of the year and has four acts: Ihram, Tawaf, Sa‘i, and shaving or shortening the hair. Hajj is only from the 8th to the 13th of Dhul-Hijjah; it adds ‘Arafah, Muzdalifah, Mina, stoning the Jamarat and the sacrifice, and it is obligatory once in a lifetime for whoever is able.

🧳 Before you travel

ٱلْحَجُّ أَشْهُرٌ مَّعْلُومَٰتٌ ۚ فَمَن فَرَضَ فِيهِنَّ ٱلْحَجَّ فَلَا رَفَثَ وَلَا فُسُوقَ وَلَا جِدَالَ فِي ٱلْحَجِّ ... ﴿١٩٧﴾

Hajj is in the well-known months. Whoever undertakes Hajj in them: no intimacy, no sin and no quarrelling during Hajj.

Surah Al-Baqarah (2:197)

"Take your rites (of Hajj) from me." — so learn the Prophet's ﷺ way before you go; this guide follows it step by step.

Sahih Muslim 1297 · Sahih

- Make your intention only for Allah, repent sincerely and ask forgiveness from anyone you have wronged.
- Pay your debts or arrange them, return trusts and write down your will.
- Use money that is halal, and take enough for the journey and for your family at home.
- Learn the duas in this guide and the steps of Tawaf and Sa'i before you travel — practise them at home with your children.

SUNNAH **Leaving the house**

بِسْمِ اللَّهِ، تَوَكَّلْتُ عَلَى اللَّهِ، لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

Bismillāh, tawakkaltu ʻalallāh, lā ḥawla wa lā quwwata illā billāh.

In the name of Allah; I put my trust in Allah; there is no power and no strength except with Allah.

Sunan Abi Dawud 5095 · Jami‘ at-Tirmidhi 3426 · Sahih — graded by al-Albani

SUNNAH **Family saying goodbye to the pilgrim**

أَسْتَوْدِعُ اللَّهَ دِينَكَ، وَأَمَانَتَكَ، وَخَوَاتِيمَ عَمَلِكَ

Astawdiʻullāha dīnaka wa amānataka wa khawātīma ʻamalik.

I place in Allah's care your religion, your trust and the endings of your deeds.

Jami‘ at-Tirmidhi 3443 · Sunan Abi Dawud 2600 · Sahih — graded by al-Albani

SUNNAH **Another farewell dua — the Prophet ﷺ said it to Abu Hurayrah (RA)**

أَسْتَوْدِعُكَ اللَّهَ الَّذِي لَا تَضِيعُ وَدَائِعُهُ

Astawdiʻukallāhal-ladhī lā taḍīʻu wadāʼiʻuh.

I place you in the care of Allah, whose trusts are never lost.

Sunan Ibn Majah 2825 · Sahih — graded by al-Albani

SUNNAH **When the journey starts — in the car, bus or plane**

اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ، وَإِنَّا إِلَى رَبِّنَا لَمُنْقَلِبُونَ، اللَّهُمَّ إِنَّا نَسْأَلُكَ فِي سَفَرِنَا هَذَا الْبِرَّ وَالتَّقْوَى، وَمِنَ الْعَمَلِ مَا تَرْضَى، اللَّهُمَّ هَوِّنْ عَلَيْنَا سَفَرَنَا هَذَا وَاطْوِ عَنَّا بُعْدَهُ، اللَّهُمَّ أَنْتَ الصَّاحِبُ فِي السَّفَرِ، وَالْخَلِيفَةُ فِي الْأَهْلِ، اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ وَعْثَاءِ السَّفَرِ، وَكَآبَةِ الْمَنْظَرِ، وَسُوءِ الْمُنْقَلَبِ فِي الْمَالِ وَالْأَهْلِ

Allāhu akbar (×3). Subḥānal-ladhī sakhkhara lanā hādhā wa mā kunnā lahu muqrinīn, wa innā ilā rabbinā la-munqalibūn. Allāhumma innā nas'aluka fī safarinā hādhal-birra wat-taqwā, wa minal-'amali mā tarḍā. Allāhumma hawwin 'alaynā safaranā hādhā waṭwi 'annā bu'dah. Allāhumma antaṣ-ṣāḥibu fis-safar, wal-khalīfatu fil-ahl. Allāhumma innī a'ūdhu bika min wa'thā'is-safar, wa ka'ābatil-manẓar, wa sū'il-munqalabi fil-māli wal-ahl.

Allah is the Greatest (three times). Glory be to the One who has made this subservient to us, and we could not have done it ourselves; and to our Lord we will surely return. O Allah, we ask You on this journey for righteousness and piety, and for deeds that please You. O Allah, make this journey easy for us and shorten its distance. O Allah, You are the Companion on the journey and the Guardian of the family. O Allah, I seek refuge in You from the hardship of travel, from sad sights, and from a bad return in wealth and family.

Sahih Muslim 1342 · Sahih

SUNNAH **When you stop at a place or reach your hotel**

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

A'ūdhu bi-kalimātillāhit-tāmmāti min sharri mā khalaq.

I seek refuge in the perfect words of Allah from the evil of what He has created. (Nothing will harm him until he leaves that place.)

Sahih Muslim 2708 · Sahih

"Three supplications are answered, there is no doubt in them: the supplication of a parent, the supplication of the traveller and the supplication of the oppressed." — make plenty of dua for your family on the way.

Sunan Abi Dawud 1536 · Jami' at-Tirmidhi 1905 · Hasan (good)

⚪ Step 1 — Ihram at the Miqat

Ihram is the sacred state a pilgrim enters with the intention of Umrah or Hajj. It is entered at the Miqat, before which a pilgrim may not pass without it.

1 The Miqat — where Ihram begins

The Prophet ﷺ fixed Dhul-Hulayfah for the people of Madinah, al-Juhfah for Sham, Qarn al-Manazil for Najd, Yalamlam for Yemen and Dhat ʻIrq for Iraq — for them and for anyone who passes them. Whoever lives closer starts from his home. On a plane, put on the Ihram before boarding and make the intention before the plane passes the Miqat; the crew usually announce it.

Sahih al-Bukhari 1524 · Sahih Muslim 1181 · Sahih Muslim 1183 · Sahih

2 Ghusl and perfume before Ihram

The Prophet ﷺ took off his normal clothes and took a bath (ghusl) for Ihram, and ʻA'ishah (RA) put perfume on him before he entered Ihram. Perfume the body, not the Ihram cloth; clip nails and trim hair before, not after.

Sahih al-Bukhari 1539 · Sahih Muslim 1189 · Jami' at-Tirmidhi 830 · Sahih

3 What to wear

Men: two plain sheets — one around the waist (izar), one over the shoulders (rida') — and sandals; no shirts, trousers, turbans, caps or covered shoes. Women: their normal modest clothes in any colour, without a face veil (niqab) or gloves; they may lower part of the headscarf over the face when men pass near.

Sahih al-Bukhari 1542 · Sahih Muslim 1177 · Sahih al-Bukhari 1838 · Sahih

4 The intention — name your rite

Intend in the heart and say aloud the rite you are starting: “Labbayka ‘umrah” for Umrah, or “Labbayka hajjan” for Hajj — the Prophet ﷺ named his rite this way. The Companions did Hajj in three ways: Umrah first and then Hajj (tamattu‘), both together (qiran), or Hajj alone (ifrad).

Most pilgrims from far countries do tamattu‘. For the details of your type of Hajj, follow the scholar of your group.

Sahih Muslim 1232 · Sahih Muslim 1211 · Sahih

SUNNAH If you fear illness or being stopped — a condition at Ihram

اللَّهُمَّ مَحِلِّي حَيْثُ حَبَسْتَنِي

Allāhumma maḥillī ḥaythu ḥabastanī.

O Allah, my place of leaving Ihram is wherever You stop me.

The Prophet ﷺ taught this to Duba‘ah bint az-Zubayr (RA), who was ill and feared she could not complete her Hajj.

Sahih al-Bukhari 5089 · Sahih Muslim 1207 · Sahih

SUNNAH **The Talbiyah — from Ihram until Tawaf (Umrah) or the first stoning (Hajj)**

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ، لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ، إِنَّ الْحَمْدَ وَالنِّعْمَةَ لَكَ وَالْمُلْكَ، لَا شَرِيكَ لَكَ

Labbayka Allāhumma labbayk, labbayka lā sharīka laka labbayk, innal-ḥamda wan-niʿmata laka wal-mulk, lā sharīka lak.

Here I am, O Allah, here I am. Here I am, You have no partner, here I am. All praise and blessings are Yours, and the dominion. You have no partner.

Men say it aloud — Jibril (AS) told the Prophet ﷺ to order his Companions to raise their voices with it (Abu Dawud 1814, Tirmidhi 829, sahih). Women say it so that they themselves can hear. Keep repeating it, standing, walking or riding. It stops when Tawaf begins (Umrah) or at the stoning of Jamrat al-ʿAqabah (Hajj, Bukhari 1685, Muslim 1281).

Sahih al-Bukhari 1549 · Sahih Muslim 1184 · Sahih

5 **Not allowed in Ihram**

Cutting hair or nails, using perfume, hunting, a marriage contract and marital relations. Men also may not wear fitted (stitched) clothes or cover the head; women may not wear a niqab or gloves. Washing, changing the Ihram sheets, using unscented soap, an umbrella, a belt or a watch are fine.

Surah Al-Baqarah (2:196) · Surah Al-Ma'idah (5:95) · Sahih Muslim 1409 · Sahih al-Bukhari 1542 · Sahih al-Bukhari 1838 · Sahih

Step 2 — Entering Masjid al-Haram

Enter with your right foot, humbly, keeping up the Talbiyah until you reach the Ka'bah for Tawaf.

SUNNAH **Entering the masjid**

اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Allāhummaftaḥ lī abwāba raḥmatik.

O Allah, open for me the doors of Your mercy.

Sahih Muslim 713 · Sahih

SUNNAH **Also when entering — protection from Shaytan**

أَعُوذُ بِاللَّهِ الْعَظِيمِ، وَبِوَجْهِهِ الْكَرِيمِ، وَسُلْطَانِهِ الْقَدِيمِ، مِنَ الشَّيْطَانِ الرَّجِيمِ

A'ūdhu billāhil-'aẓīm, wa bi-wajhihil-karīm, wa sulṭānihil-qadīm, minash-shayṭānir-rajīm.

I seek refuge in Allah the Almighty, in His noble Face and His eternal authority, from Shaytan the outcast. (Whoever says it, Shaytan says: he is protected from me for the rest of the day.)

Sunan Abi Dawud 466 · Sahih — graded by al-Albani

SUNNAH **Leaving the masjid (left foot first)**

اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

Allāhumma innī as'aluka min faḍlik.

O Allah, I ask You of Your bounty.

Sahih Muslim 713 · Sahih

EXTRA **On first seeing the Ka'bah — widely recited**

اللَّهُمَّ زِدْ هَذَا الْبَيْتَ تَشْرِيفًا وَتَعْظِيمًا وَتَكْرِيمًا وَمَهَابَةً

Allāhumma zid hādhal-bayta tashrīfan wa ta'ẓīman wa takrīman wa mahābah.

O Allah, increase this House in honour, greatness, nobility and awe.

Reported from Ibn Jurayj without a connected chain, so it is weak. No fixed dua for seeing the Ka'bah is authentically reported — it is a good moment to ask Allah for anything you wish, in your own words.

ash-Shafi'i (al-Umm) and al-Bayhaqi — mursal chain · Weak chain (da'if) — see the note

🔄 Step 3 — Tawaf: seven rounds

Walk around the Ka'bah seven times, keeping it on your left, starting and ending each round at the Black Stone.

1 Be in wudu

The first thing the Prophet ﷺ did on arriving was wudu, then Tawaf. "Tawaf around the House is like prayer, except that you may speak in it — so whoever speaks, let him speak only good."

Sahih al-Bukhari 1614 · Jami' at-Tirmidhi 960 · Sahih — graded by al-Albani

2 Start at the Black Stone

Face the Black Stone and kiss it if you easily can; if not, touch it with your hand; if not, point to it with your right hand — the Prophet ﷺ did each of these. Say "Allahu akbar" every time you pass it. 'Umar (RA) said: "I know you are a stone that neither harms nor benefits; had I not seen the Prophet ﷺ kiss you, I would not kiss you."

Sahih al-Bukhari 1597 · Sahih Muslim 1270 · Sahih al-Bukhari 1607 · Sahih al-Bukhari 1613 · Sahih

SUNNAH At the Black Stone — every round

اللَّهُ أَكْبَرُ

Allāhu akbar.

Allah is the Greatest.

Sahih al-Bukhari 1613 · Sahih

EXTRA At the Black Stone — the practice of Ibn ‘Umar (RA)

بِسْمِ اللَّهِ وَاللَّهُ أَكْبَرُ

Bismillāhi wallāhu akbar.

In the name of Allah, and Allah is the Greatest.

Ibn ‘Umar (RA) used to say this when touching the corner; the scholars graded the chain authentic.

al-Bayhaqi, as-Sunan al-Kubra · Practice of the Companions — authentic chain

3 Men: idtiba‘ and raml

In the first Tawaf on arrival, men keep the right shoulder uncovered (idtiba‘) and walk briskly with short steps (raml) in the first three rounds, then walk normally in the last four. Women walk normally and stay covered.

Sunan Abi Dawud 1883 · Sahih al-Bukhari 1617 · Sahih Muslim 1261 · Hasan (good)

4 The Yemeni corner

Ibn ‘Umar (RA) said he never saw the Prophet ﷺ touch any part of the House except the two Yemeni corners (the Black Stone corner and the Yemeni corner). Touch the Yemeni corner with your hand if it is easy — without kissing it — otherwise simply walk on.

Sahih al-Bukhari 1609 · Sahih Muslim 1267 · Sahih

SUNNAH **Between the Yemeni corner and the Black Stone**

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً، وَفِي الْآخِرَةِ حَسَنَةً، وَقِنَا عَذَابَ النَّارِ

Rabbanā ātinā fid-dunyā ḥasanah, wa fil-ākhirati ḥasanah, wa qinā ‘adhāban-nār.

Our Lord, give us good in this world and good in the Hereafter, and protect us from the punishment of the Fire.

Surah Al-Baqarah (2:201) · Sunan Abi Dawud 1892 · Hasan (good)

5 The rest of each round

No fixed dua for each round is reported from the Prophet ﷺ. Make dua in any language, recite Qur’an, say dhikr or any dua from this guide. When the seventh round ends at the Black Stone, cover the right shoulder again.

Jami‘ at-Tirmidhi 960 · Sahih — graded by al-Albani

6 If a woman’s period starts

The Prophet ﷺ told ‘A’ishah (RA): “Do everything the pilgrim does, except Tawaf of the House, until you are pure.” She may stay in Ihram, do the Talbiyah, dhikr and dua, and stand at ‘Arafah.

Sahih al-Bukhari 305 · Sahih Muslim 1211 · Sahih

🤲 Step 4 — Two rak‘ahs at Maqam Ibrahim, then Zamzam

... وَٱتَّخِذُوا۟ مِن مَّقَامِ إِبْرَٰهِـۧمَ مُصَلًّى ... ﴿١٢٥﴾

And take the standing place of Ibrahim as a place of prayer.

Surah Al-Baqarah (2:125)

1 Pray two rak‘ahs

After Tawaf the Prophet ﷺ went to the Maqam of Ibrahim reciting this verse, put the Maqam between himself and the Ka‘bah and prayed two rak‘ahs, reciting Surah al-Kafirun and Surah al-Ikhlas. If it is crowded, pray anywhere in the masjid.

Sahih Muslim 1218 · Sahih

2 Drink Zamzam and make dua

“Zamzam water is for whatever it is drunk for.” “It is blessed; it is food that nourishes.” The Prophet ﷺ drank from Zamzam during his Hajj. Drink your fill and ask Allah for what you need.

Sunan Ibn Majah 3062 · Sahih Muslim 2473 · Sahih Muslim 1218 · Sahih — graded by al-Albani

EXTRA **Drinking Zamzam — the dua of Ibn ʻAbbas (RA)**

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا، وَرِزْقًا وَاسِعًا، وَشِفَاءً مِنْ كُلِّ دَاءٍ

Allāhumma innī as'aluka ʻilman nāfiʻā, wa rizqan wāsiʻā, wa shifā'an min kulli dā'.

O Allah, I ask You for beneficial knowledge, abundant provision and healing from every illness.

Its chain is weak; the meaning is good and it may be said as a general dua, since the Prophet ﷺ said Zamzam is for whatever it is drunk for.

ad-Daraqutni and al-Hakim · Weak chain (daʻif) — see the note

⛰️ Step 5 — Sa‘i between Safa and Marwah

After the two rak‘ahs, the Prophet ﷺ returned to the Black Stone and touched it, then went out to Safa (Muslim 1218).

إِنَّ ٱلصَّفَا وَٱلْمَرْوَةَ مِن شَعَآئِرِ ٱللَّهِ ... ﴿١٥٨﴾

Indeed, Safa and Marwah are among the symbols of Allah.

Surah Al-Baqarah (2:158)

SUNNAH **Approaching Safa — only at the start of Sa‘i**

إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ، أَبْدَأُ بِمَا بَدَأَ اللَّهُ بِهِ

Innaṣ-ṣafā wal-marwata min sha‘ā’irillāh. Abda’u bimā bada’allāhu bih.

Indeed Safa and Marwah are among the symbols of Allah. I begin with what Allah began with.

Sahih Muslim 1218 · Sahih

SUNNAH **On Safa and on Marwah — facing the Ka'bah, three times, with your own dua in between**

اللَّهُ أَكْبَرُ، لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ، أَنْجَزَ وَعْدَهُ، وَنَصَرَ عَبْدَهُ، وَهَزَمَ الْأَحْزَابَ وَحْدَهُ

Allāhu akbar. Lā ilāha illallāhu waḥdahu lā sharīka lah, lahul-mulku wa lahul-ḥamd, wa huwa 'alā kulli shay'in qadīr. Lā ilāha illallāhu waḥdah, anjaza wa'dah, wa naṣara 'abdah, wa hazamal-aḥzāba waḥdah.

Allah is the Greatest. There is no god but Allah alone, without partner; His is the dominion and His is the praise, and He has power over all things. There is no god but Allah alone; He fulfilled His promise, gave victory to His servant and defeated the confederates alone.

Sahih Muslim 1218 · Sahih

1 **Seven laps, from Safa to Marwah**

Safa to Marwah is one lap, Marwah back to Safa is the second, and so on — the seventh ends at Marwah. Between the two green lights (the old valley) men walk quickly, as the Prophet ﷺ did; women walk normally. Make dua, dhikr and recite Qur'an throughout.

Sahih Muslim 1218 · Sahih

EXTRA **During Sa‘i — said by Ibn Mas‘ud and Ibn ‘Umar (RA)**

رَبِّ اغْفِرْ وَارْحَمْ، إِنَّكَ أَنْتَ الْأَعَزُّ الْأَكْرَمُ

Rabbighfir warḥam, innaka antal-a‘azzul-akram.

My Lord, forgive and have mercy; You are the Most Mighty, the Most Generous.

Reported from these two Companions with authentic chains; it is not from the Prophet ﷺ himself.

Ibn Abi Shaybah, al-Musannaf · Practice of the Companions — authentic chain

✂️ Step 6 — Shaving or shortening the hair

... مُحَلِّقِينَ رُءُوسَكُمْ وَمُقَصِّرِينَ ... ﴿٢٧﴾

... with your heads shaved or (hair) shortened.

Surah Al-Fath (48:27)

The Prophet ﷺ said: "O Allah, have mercy on those who shave their heads." They said: "And those who shorten?" He repeated it, and then said: "And those who shorten."

Sahih al-Bukhari 1727 · Sahih Muslim 1301 · Sahih

1 Men

Shaving the whole head is better; shortening the hair from all over the head is also allowed.

Sahih al-Bukhari 1727 · Sahih

2 Women

"Women do not shave; women only shorten." A woman gathers her hair and cuts about a fingertip's length from the ends, in private.

Sunan Abi Dawud 1984 · Sahih — graded by al-Albani

3 Your Umrah is complete

With the hair shaved or shortened the Umrah is complete and all the restrictions of Ihram end. Thank Allah, and ask Him to accept it.

📋 Umrah at a glance

Print this table or keep it on your phone — the whole Umrah in six steps.

Step	What you do	What you say
1. Ihram	Ghusl, Ihram clothes, intention at the Miqat	"Labbayka ʻumrah", then the Talbiyah
2. Masjid al-Haram	Enter with the right foot	Dua for entering the masjid
3. Tawaf	7 rounds from the Black Stone, Kaʻbah on your left	"Allahu akbar" at the Stone; "Rabbana atina …" before it; any dua
4. Two rakʻahs + Zamzam	Behind Maqam Ibrahim if possible; then drink Zamzam	Al-Kafirun and al-Ikhlas; your own dua
5. Saʻi	7 laps, Safa to Marwah	"Inna s-Safa …" at the start; the tahlil on each hill
6. Halq / taqsir	Men shave or shorten; women cut a fingertip	Umrah complete — thank Allah

17 Hajj day by day (8–13 Dhul-Hijjah)

Summarised from the long hadith of Jabir (RA) describing the Prophet's ﷺ Hajj (Muslim 1218). Those doing tamattu' have already done their Umrah and are out of Ihram until the 8th.

Day	Where	What you do
8th — Tarwiyah	Mina	Ihram for Hajj from your place, Talbiyah; pray Zuhr, Asr, Maghrib, Isha and the next Fajr at Mina
9th — 'Arafah	'Arafah, then Muzdalifah	After sunrise go to 'Arafah; Zuhr and Asr with the imam; dua until sunset; then calmly to Muzdalifah, Maghrib and Isha there, and sleep
10th — Day of Sacrifice	Muzdalifah → Mina → Makkah	Fajr and dhikr until it is bright; stone Jamrat al-'Aqabah (7); sacrifice; shave or shorten; Tawaf al-Ifadah and Sa'i
11th and 12th	Mina	Nights at Mina; after midday stone the three Jamarat (7 each); you may leave on the 12th before sunset
13th	Mina	Those who stay stone the three Jamarat again after midday, then leave
Before going home	Makkah	Farewell Tawaf — the last thing you do in Makkah

8 8th — the day of Tarwiyah at Mina

On the 8th the Companions put on Ihram for Hajj and went to Mina, where the Prophet ﷺ prayed Zuhr, Asr, Maghrib, Isha and Fajr, and stayed until the sun had risen.

Sahih Muslim 1218 · Sahih

9th — ‘Arafah and the night at Muzdalifah

9 “Hajj is ‘Arafah”

Standing at ‘Arafah is the heart of Hajj; whoever misses it has missed the Hajj. Be inside the boundary of ‘Arafah, pray Zuhr and Asr with the imam, then face the qiblah, raise your hands and make dua until the sun has set — as the Prophet ﷺ did.

Jami‘ at-Tirmidhi 889 · Sunan Abi Dawud 1949 · Sunan an-Nasa’i 3016 · Sunan Ibn Majah 3015 · Sahih Muslim 1218 · Sahih — graded by al-Albani

SUNNAH The best dua — on the Day of ‘Arafah

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Lā ilāha illallāhu waḥdahu lā sharīka lah, lahul-mulku wa lahul-ḥamd, wa huwa ‘alā kulli shay’in qadīr.

There is no god but Allah alone, without partner; His is the dominion and His is the praise, and He has power over all things. (“The best dua is the dua of the Day of ‘Arafah, and the best that I and the prophets before me have said is …”)

Jami‘ at-Tirmidhi 3585 · Hasan (good)

> “There is no day on which Allah frees more of His servants from the Fire than the Day of ‘Arafah.”
>
> **Sahih Muslim 1348 · Sahih**

For family at home: fasting the Day of ʻArafah "expiates the sins of the year before it and the year after it."

Sahih Muslim 1162 · Sahih

... فَإِذَآ أَفَضْتُم مِّنْ عَرَفَٰتٍ فَٱذْكُرُوا۟ ٱللَّهَ عِندَ ٱلْمَشْعَرِ ٱلْحَرَامِ ...

﴿١٩٨﴾

When you pour down from ʻArafat, remember Allah at al-Mashʻar al-Haram (Muzdalifah).

Surah Al-Baqarah (2:198)

The night at Muzdalifah

After sunset leave ʻArafah calmly — the Prophet ﷺ kept saying: "O people, calmness, calmness." At Muzdalifah pray Maghrib and Isha together, sleep, pray Fajr early, then remember Allah, say takbir and tahlil and make dua until it is very bright. The weak, the elderly and women with them were allowed to leave earlier in the night.

Pick up small pebbles for the stoning here or at Mina.

Sahih al-Bukhari 1671 · Sahih Muslim 1218 · Sahih Muslim 1290 · Sahih

🐑 10th — the Day of Sacrifice

10 Stone Jamrat al-‘Aqabah

Throw seven small pebbles, one by one, at the big Jamrah, saying “Allahu akbar” with each pebble. The pebbles are small, like a chickpea — the Prophet ﷺ said: “Pebbles like these — and beware of going to extremes in religion.” Stop the Talbiyah when you start this stoning.

Sahih Muslim 1218 · Sahih al-Bukhari 1685 · Sunan an-Nasa’i 3057 · Sahih

SUNNAH At the sacrifice (or when your sacrifice is made for you)

بِسْمِ اللَّهِ وَاللَّهُ أَكْبَرُ

Bismillāhi wallāhu akbar.

In the name of Allah, and Allah is the Greatest.

Sahih Muslim 1966 · Sahih

10 Sacrifice, shave, then Tawaf al-Ifadah

After the stoning the Prophet ﷺ went to the place of sacrifice and sacrificed, then had his head shaved, then went to the House and did Tawaf (Tawaf al-Ifadah, a pillar of Hajj), followed by Sa‘i for those who must do it. People asked about doing these out of order, and he said: “Do it, there is no harm.”

After the stoning and shaving, everything allowed before Ihram returns except marital relations, which return after Tawaf al-Ifadah.

Surah Al-Hajj (22:29) · Sahih Muslim 1218 · Sahih al-Bukhari 1736 · Sahih Muslim 1306 · Sahih

EXTRA **After stoning — widely recited**

اللَّهُمَّ اجْعَلْهُ حَجًّا مَبْرُورًا، وَذَنْبًا مَغْفُورًا

Allāhummaj‘alhu ḥajjan mabrūran, wa dhamban maghfūrā.

O Allah, make it an accepted Hajj and a forgiven sin.

Reported from Ibn Mas‘ud and Ibn ‘Umar (RA) with weak chains. Asking for an accepted Hajj is good in any words.

Musnad Ahmad and al-Bayhaqi · Weak chain (da‘if) — see the note

🪨 11th–13th at Mina, and the farewell Tawaf

وَٱذۡكُرُواْ ٱللَّهَ فِيٓ أَيَّامٖ مَّعۡدُودَٰتٖۚ فَمَن تَعَجَّلَ فِي يَوۡمَيۡنِ فَلَآ إِثۡمَ عَلَيۡهِ ...
﴿٢٠٣﴾

Remember Allah during the appointed days. Whoever hurries on in two days, there is no sin on him …

Surah Al-Baqarah (2:203)

"The days of Tashreeq are days of eating, drinking and remembering Allah."

Sahih Muslim 1141 · Sahih

11–13 Stoning the three Jamarat

After midday, stone the small Jamrah, then the middle one, then Jamrat al-'Aqabah, seven pebbles each with takbir. After the first and the second, step aside, face the qiblah, raise your hands and make a long dua; after the last one do not stop — as the Prophet ﷺ did.

Sahih Muslim 1299 · Sahih al-Bukhari 1751 · Sahih al-Bukhari 1753 · Sahih

EXTRA Takbir of the days of Eid and Tashreeq — the wording of Ibn Mas‘ud (RA)

اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، لَا إِلَهَ إِلَّا اللَّهُ، وَاللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، وَلِلَّهِ الْحَمْدُ

Allāhu akbar, Allāhu akbar, lā ilāha illallāh, wallāhu akbar, Allāhu akbar, wa lillāhil-ḥamd.

Allah is the Greatest, Allah is the Greatest; there is no god but Allah; Allah is the Greatest, Allah is the Greatest, and to Allah belongs all praise.

Reported from Ibn Mas‘ud (RA) with an authentic chain; the verse “remember Allah during the appointed days” is the basis for the takbir.

Ibn Abi Shaybah, al-Musannaf · Practice of the Companions — authentic chain

The farewell Tawaf

“Let no one leave until his last moment is with the House.” Before going home, do a final Tawaf of seven rounds. A woman in her period is excused from it.

Sahih Muslim 1327 · Sahih Muslim 1328 · Sahih al-Bukhari 1755 · Sahih

👧 Children on Hajj and Umrah

> A woman lifted up a small child and asked: “Is there Hajj for this one?” The Prophet ﷺ said: “Yes, and you will have a reward.”
>
> **Sahih Muslim 1336 · Sahih**

- A child’s Hajj or Umrah is valid and rewarded; when he grows up, the obligatory Hajj is still due on him.
- Parents make the intention and say the Talbiyah for a small child, and carry him in Tawaf and Sa‘i.
- Before the trip, teach the Talbiyah, the travel dua and “Rabbana atina …” — children learn them fast and love saying them there.
- Keep an ID card with your phone number in your child’s pocket and agree on a meeting point in case you get separated.

🌴 Visiting Madinah

Visiting Madinah is not part of Hajj or Umrah, but most pilgrims go there before or after.

"One prayer in this masjid of mine is better than a thousand prayers in any other, except al-Masjid al-Haram."

Sahih al-Bukhari 1190 · Sahih Muslim 1394 · Sahih

"Between my house and my pulpit is one of the gardens of Paradise (ar-Rawdah)."

Sahih al-Bukhari 1196 · Sahih Muslim 1391 · Sahih

"Whoever purifies himself at home, then comes to Masjid Quba' and prays in it, has a reward like an 'Umrah." The Prophet ﷺ visited Quba' every Saturday, walking or riding.

Sunan Ibn Majah 1412 · Sahih al-Bukhari 1193 · Sahih — graded by al-Albani

Sending salam to the Prophet ﷺ

السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

As-salāmu 'alayka ayyuhan-nabiyyu wa raḥmatullāhi wa barakātuh.

Peace be upon you, O Prophet, and the mercy of Allah and His blessings. Greet him with respect and a lowered voice ("do not raise your voices above the voice of the Prophet"). "No one sends salam upon me but Allah returns my soul to me so that I return his salam."

Surah Al-Hujurat (49:2) · Sunan Abi Dawud 2041 · Sahih al-Bukhari 831 · Hasan (good)

SUNNAH **Visiting al-Baqi‘ and other graves**

السَّلَامُ عَلَيْكُمْ أَهْلَ الدِّيَارِ مِنَ الْمُؤْمِنِينَ وَالْمُسْلِمِينَ، وَإِنَّا إِنْ شَاءَ اللَّهُ لَلَاحِقُونَ، أَسْأَلُ اللَّهَ لَنَا وَلَكُمُ الْعَافِيَةَ

As-salāmu ‘alaykum ahlad-diyāri minal-mu’minīna wal-muslimīn, wa innā in shā’ Allāhu la-lāḥiqūn, as’alullāha lanā wa lakumul-‘āfiyah.

Peace be upon you, people of these dwellings, believers and Muslims. We will, if Allah wills, join you. I ask Allah for well-being for us and for you.

Sahih Muslim 975 · Sahih

More duas for the journey

SUNNAH **The dua of Ibrahim and Isma'il (AS) while building the Ka'bah**

رَبَّنَا تَقَبَّلْ مِنَّا، إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ

Rabbanā taqabbal minnā, innaka antas-samī'ul-'alīm.

Our Lord, accept from us; You are the All-Hearing, the All-Knowing.

Surah Al-Baqarah (2:127)

SUNNAH **For yourself and your children — the dua of Ibrahim (AS)**

رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي، رَبَّنَا وَتَقَبَّلْ دُعَاءِ

Rabbij'alnī muqīmaṣ-ṣalāti wa min dhurriyyatī, rabbanā wa taqabbal du'ā'.

My Lord, make me one who establishes prayer, and my children too. Our Lord, accept my prayer.

Surah Ibrahim (14:40)

SUNNAH **A short dua for everything you need**

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْهُدَى، وَالتُّقَى، وَالْعَفَافَ، وَالْغِنَى

Allāhumma innī as'alukal-hudā wat-tuqā wal-'afāfa wal-ghinā.

O Allah, I ask You for guidance, piety, chastity and self-sufficiency.

Sahih Muslim 2721 · Sahih

"When a Muslim makes dua for his brother in his absence, the angel says: 'And for you the same.'" — remember your parents, family, teachers and all Muslims in your duas.

Sahih Muslim 2732 · Sahih

SUNNAH **Returning home from Hajj or Umrah — after saying Allahu akbar three times**

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، آيِبُونَ، تَائِبُونَ، عَابِدُونَ، سَاجِدُونَ، لِرَبِّنَا حَامِدُونَ، صَدَقَ اللَّهُ وَعْدَهُ، وَنَصَرَ عَبْدَهُ، وَهَزَمَ الْأَحْزَابَ وَحْدَهُ

Lā ilāha illallāhu waḥdahu lā sharīka lah, lahul-mulku wa lahul-ḥamd, wa huwa ʿalā kulli shayʾin qadīr. Āyibūna, tāʾibūna, ʿābidūna, sājidūna, li-rabbinā ḥāmidūn. Ṣadaqallāhu waʿdah, wa naṣara ʿabdah, wa hazamal-aḥzāba waḥdah.

There is no god but Allah alone, without partner; His is the dominion and the praise, and He has power over all things. We return, repenting, worshipping, prostrating, praising our Lord. Allah fulfilled His promise, gave victory to His servant and defeated the confederates alone.

Sahih al-Bukhari 1797 · Sahih Muslim 1344 · Jami' at-Tirmidhi 950 · Sahih

💡 Practical tips and common mistakes

- Never push or hurt anyone to reach the Black Stone — pointing to it from a distance is also the Sunnah.
- Keep the Ka'bah on your left and count your rounds carefully; if in doubt, go with the smaller number.
- At 'Arafah, check the signs and stay inside its boundary until sunset.
- Throw small pebbles only — not large stones, shoes or bottles — and throw them so they fall into the basin.
- Save your energy: sleep when you can, drink water often, carry a small bag and wear comfortable sandals.
- Write a list of the duas you want to make for your family and friends before you travel.
- Where the schools of fiqh differ (the type of Hajj, combining prayers, details of the sacrifice or of women's matters), follow the scholar of your group.



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