Umrah Checklist

From the first booking to the flight home

Before you travel

- [ ] Passport valid for at least 6 months after your return date
- [ ] Umrah visa or e-visa confirmed (check the official Saudi sources for your passport)
- [ ] Flights booked, with the booking reference saved on your phone and on paper
- [ ] Hotel booked in Makkah and Madinah, with addresses saved
- [ ] Travel insurance bought
- [ ] Vaccinations done, with the certificates (ask your doctor and check the current rules)
- [ ] Money: some cash in Saudi riyals and a card that works abroad
- [ ] Phone plan or local SIM, and offline maps downloaded
- [ ] Copies of passport, visa and tickets in a separate bag
- [ ] Make a will and settle debts, as far as you can
- [ ] Ask people for forgiveness, and write your dua list

What to pack

- [ ] Ihram for men: two plain white unstitched cloths, and a belt for the waist
- [ ] Women: loose modest clothes that cover everything except face and hands. No special ihram dress is needed
- [ ] Comfortable sandals that can be taken off easily
- [ ] Unscented soap, shampoo and deodorant for use in ihram
- [ ] Small bag for your shoes at the mosque
- [ ] Prayer clothes, a small prayer mat and a light scarf for shade
- [ ] Your medicines, in the original packs, with a doctor's letter if needed
- [ ] Power bank, charger and a plug adapter
- [ ] Refillable water bottle, dry snacks and electrolyte sachets
- [ ] Face masks, lip balm and sunscreen without scent (apply it before ihram)
- [ ] A small notebook for duas

The Umrah, step by step

- [ ] Make your intention and put on ihram at the miqat (or before it, as your flight passes it)
- [ ] Say the talbiyah often, until you see the Kaaba
- [ ] Tawaf: seven rounds around the Kaaba, starting at the Black Stone
- [ ] Pray two rak'ahs behind the Station of Ibrahim, or anywhere in the mosque if it is crowded
- [ ] Drink zamzam water
- [ ] Sa'i: seven laps between Safa and Marwa, starting at Safa and ending at Marwa
- [ ] Men shave the head (halq) or trim the hair (taqsir). Women trim a fingertip length from the ends of the hair
- [ ] Your Umrah is now complete, and the ihram rules end

Free to print and share. For education only. Ask a qualified scholar about your own situation.

Umrah Checklist

From the first booking to the flight home

In Madinah and on the way home

- [ ] Visit the Prophet's Mosque and send salutations on the Prophet
- [ ] Pray in the mosque as much as you can
- [ ] Visit Quba Mosque (the reward of a prayer there is mentioned in hadith)
- [ ] Keep gifts and zamzam within airline weight limits
- [ ] Give thanks and keep up the good habits you built
- [ ] Thank the people who helped you, and make dua for those who could not come

The details of Umrah are explained slightly differently by the four schools. Follow your own school or your group's guide.