

UMRAH CHECKLIST - A PRINTABLE GUIDE

1. Trim nails if required
2. Shave under arms if required
3. Shave pubic hair if required
4. Ghusl, full ablution in cleansing
5. Men - apply perfume
6. Mikat region reached, this is an area signified by several towns.
7. Ihram is worn.
8. Make Niyaat for Umrah
9. Recite Talbiyah
10. Read Dua when entering Haram
11. Men - expose right shoulder
12. Start the Hajrul-Aswad and say "Bismilahi Allahu Akbar"
13. Kiss/Touch/Gesture towards the Black Stone from heaven.
14. Men - Raml (slow run) in the first 3 rounds
15. Touch the Rukn-Yamani corner if possible
16. Read "Rabana Aatina.."
17. Kiss/touch or gesture and say "Allahu Akbar" as you pass the Black Stone
18. Complete 7 rounds (circuits)
19. Men - Cover the right shoulder
20. Perform 2 Rakaats near Maqaam Ibrahim
21. Read Surah Al-Kafirun (109) in 1st Rakaat after Suratul-Fatiha
22. Read Surah Al-Ikhlaas (112) in 2nd Rakaat after Suratul-Fatiha
23. Proceed to Safar
24. Read "Inaa Safar.."
25. Read "Allahu Akbar" three times with Du'a in between
26. Start Sa'i from Safa - the run between Safa and Marwah
27. Men - Raml (slow run) between the green lights
28. Stop at Marwah and do the same as what you did at Safa
29. Complete the seven laps (Safa to Marwah is equal to one lap)
30. Cut the hair
31. Remove the Ihram, put on normal clothing
32. Ihram restrictions are now lifted