

Complete Umrah Guide

Step-by-step, with Arabic duas, transliteration, and translation — by Noorento

1. Enter the state of Ihram

Before reaching the Miqat (the designated boundary point for your route), perform ghusl (ritual bath), wear the Ihram garments — two unstitched white cloths for men, modest regular clothing for women — and make the intention (niyyah) for Umrah.

لبيك اللهم عمرة

Labbayk Allahumma 'Umrah

“Here I am, O Allah, [in response to Your call], for Umrah.”

2. Recite the Talbiyah

From the moment you enter Ihram at the Miqat, recite the Talbiyah repeatedly during your journey to Makkah — it is a declaration of your devotion and intention.

لبيك اللهم لبيك، لبيك لا شريك لك لبيك، إن الحمد والنعمة لك والملك، لا شريك لك

Labbayk Allahumma labbayk, labbayka la sharika laka labbayk, innal hamda wan-ni'mata laka wal-mulk, la sharika lak

“Here I am, O Allah, here I am. Here I am, You have no partner, here I am. Verily all praise, grace, and sovereignty belong to You. You have no partner.”

3. Perform Tawaf (seven circuits of the Kaaba)

Upon entering Masjid al-Haram, proceed to the Kaaba and complete seven anti-clockwise circuits, beginning and ending at the Black Stone (Hajar al-Aswad) corner. If possible, touch or point toward it at the start of each circuit.

ربنا آتنا في الدنيا حسنة وفي الآخرة حسنة وقنا عذاب النار

Rabbana atina fid-dunya hasanatan wa fil-akhirati hasanatan wa qina 'adhaban-nar

“Our Lord, give us good in this world and good in the Hereafter, and protect us from the punishment of the Fire. (Recited especially between the Yemeni Corner and the Black Stone.)”

4. Pray two rak'ahs behind Maqam Ibrahim

After completing Tawaf, pray two short rak'ahs near the Station of Ibrahim (Maqam Ibrahim), if space allows — otherwise anywhere within Masjid al-Haram.

5. Drink Zamzam water

Drink from the well of Zamzam, located within the mosque precinct. It is recommended to face the Kaaba while drinking.

6. Perform Sa'i (seven trips between Safa and Marwah)

Walk seven times between the hills of Safa and Marwah, starting at Safa and ending at Marwah. This commemorates Hajar's search for water for her son Isma'il (AS).

7. Halq or Taqsir (shave or trim the hair)

Men either shave the head completely (Halq) or trim the hair evenly (Taqsir); women trim a small amount, roughly a fingertip's length, from the ends of their hair. This marks the completion of Umrah and release from the state of Ihram.

Planning tips

- Confirm your Miqat point based on your arrival route (e.g. Yalamlam for most flights via Jeddah) before you fly.
- Book your Jeddah Airport to Makkah transfer in advance so your Miqat stop is planned into the journey.
- Carry unstitched Ihram garments in your hand luggage in case checked baggage is delayed.
- Stay hydrated and pace Tawaf and Sa'i — Masjid al-Haram can be busy, especially outside off-peak hours.
- Keep this guide with you, or save it offline before you lose signal inside the mosque.