

Your Umrah Checklist

1. FOOD

- Reusable water bottle (Optional: Collapsible)
- Granola bars (Energy &/or Protein)

2. CLOTHING & SHOES

- Personal Clothing
- Pair of extra flip flops
- Good walking shoes
- Non-skid, Hospital Socks for Sisters (Tawaf)

3. GENERAL SUPPLIES

- Plastic bags or Ziplock bags
- Umbrella
- Ear plugs & Eye covers
- Sunglasses
- Inflatable airplane pillow
- Optional: Extra collapsible large duffle bag

4. ELECTRONICS

- Electric Shaver (with parts) &/or Razor Blades
- Travel AC Wall Adapter
- Unlocked GSM Quad Band Phone
- Optional: Portable phone charger

5. PERSONAL HYGIENE

- Unscented soap
- Unscented deodorant
- Unscented lotion or oil
- Unscented Vaseline
- Unscented Destin: Baby Diaper Relief for Rashes
- Unscented hand sanitizer
- Unscented sunscreen
- Feminine hygiene products

6. SPIRITUAL SUPPLIES

- Smartphone App (Hajj & Umrah Guide)
- Smartphone Dua App (MyDuaa)
- Smartphone Athkar App (Athkar)
- Optional: Notebook & Pen (2+) for Notes & Reflections
- Optional: Tawaf Counter
- Optional: Personal Traveling Prayer Mat (Available in Medina)
- Optional: Itemized & budgeted shopping list

7. MEDICATION

- Your own prescription
- Basic mini drugs kit (allergy, pain relief, anti-diarrheal/digestive problems)
- Antibiotics as necessary (you can also get them in Saudi)

8. DOCUMENTS & TRAVEL ESSENTIALS

- Passport (valid for at least 6 months)
- Visa (Umrah visa or Saudi tourist visa)
- Flight tickets

- Ginger essential oil (motion sickness)
- Sore throat and cough supplies (lozenges, cough drops)
- Cold medicines as necessary (can be purchased in Saudi)
- Topical pain reliever (e.g. Aspercreme)

9. RELIGIOUS ESSENTIALS

- Ihram clothing (for men)
- Modest clothing (for women)
- A prayer mat
- Copies of the Quran
- Dua booklets (optional)
- Prayer beads (Misbaha)
- Pocket-sized prayer guide

11. MONEY & FINANCIAL

- Saudi Riyals (SAR) or a travel money card
- Credit/debit cards (ensure international usage)
- Money pouch or waist belt for safety
- Tithes/Sadaqah donations

13. ITEMS FOR COMFORT

- Lightweight, breathable clothing for hot weather
- Umbrella (for sun protection)
- A small backpack for daily essentials

15. BEFORE DEPARTURE

- Check prayer timings for your destination
- Set alarms for prayer times
- Make necessary health checks (vaccinations, etc.)
- Clean your house before leaving

- Hotel/Accommodation booking details
- Travel insurance (optional)
- Emergency contact numbers
- Copies of important documents (passport, visa, tickets)

10. HEALTH & HYGIENE

- Personal hygiene items (toothbrush, toothpaste, etc.)
- Medications (if required, with prescriptions)
- Hand sanitizers
- Wet wipes
- Tissues or handkerchiefs
- A water bottle (reusable)
- Sunglasses/hat for sun protection (optional)

12. TECH ESSENTIALS

- Mobile phone and charger (power bank recommended)
- Travel adapter (for Saudi plugs)
- Camera for memories (optional)
- Bluetooth headsets (optional)

14. OPTIONAL: HEAT MANAGEMENT SUPPLIES

- Mini squirt bottle
- Mini electric fan necklace, or a manual fan
- Large-brimmed hat to provide shade

16. DURING UMRAH

- Perform Umrah rituals with sincerity (Ihram, Tawaf, Sa' i)
- Make Du'a during Tawaf and Sa' i
- Visit sacred sites (like Jabal Uhud, Masjid Quba)
- Donate to charity

Keep hydrated and rest when needed

17. AFTER UMRAH

- Perform additional prayers
- Reflect on your journey
- Take time to rest and recover

BOOKS

- Arabic Quran with translation
- A guide to Umrah
- Best Duas to make