

Your Umrah Checklist

1. FOOD

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

3. GENERAL SUPPLIES

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

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

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)

2. CLOTHING & SHOES

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

4. ELECTRONICS

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

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

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)

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

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

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)

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

12. TECH ESSENTIALS

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

13. ITEMS FOR COMFORT

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

14. OPTIONAL: HEAT MANAGEMENT SUPPLIES

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

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

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