

الله الرَّحْمَن الرَّحِيم  
Islamic Foundation of Ireland

1) Hajj Tips

2) Hajj Check  
List ✓

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## **Foreword**

The Hajj is an event different from any other event on earth. Millions of people from dozens of countries and speaking dozens of languages converge on one tiny valley and become intimate neighbours. There are bound to be delays, unsuccessful arrangements and misunderstandings. People are sure to forget things, get tired and confused, and make mistakes.

Remember that the Hajj is a unique act of worship of Allah, Who gave you the health and wealth to perform it. Do not be distracted by others' shortcomings and petty issues. Remain focused on the big picture and do not lose sight of the primary aim of your journey which is to perform Hajj and please Allah.

All of the Hajjis are your brothers and sisters, especially your companions on this journey. Allah will, *insha' Allah*, reward you hundreds of times over for any act of kindness offered to them, no matter how small.

## Hajj Tips

# **1) Getting Ready for the Journey**

❶ Make a notarised copy of your passport and take it with you, in case your passport is lost. Your passport will be taken from you when you arrive in Saudi Arabia. It will be kept with the Hajj Motawif establishments, and only returned to you upon departure. Make a copy of your air ticket as well.

❷ Take a SIM free mobile phone with you to keep in touch with your group – in case you are lost- and also to phone home. Saudi SIM cards which are valid for one month are available over the counter in most phone shops. Before leaving, make sure your phone can accept any SIM card, and not tied to a network. If so, unlock it before your departure.

❸ Your suitcase should be sturdy and with heavy-duty wheels. Ensure that it is labelled with your name, address and telephone number.

❹ Bring the following items with you:

- i)** Copy of Qur'an and books that give you authentic information about the rites of the Hajj.
  - ii)** A waist pouch to keep your money at all times.
  - iii)** Good quality light backpack for carrying personal stuff during the Hajj movements.
  - iv)** Two sets of *Ihram* clothing.
  - v)** Sleeping bag for staying overnight in Muzdalifah (in the open area.)
  - vi)** If going on Hajj during winter months, take some woollen clothing as the early mornings tend to be cool.
  - vii)** Three or four pairs of rubber slippers for use during *Ihram*.
  - viii)** Toiletries: tooth brush, toothpaste, moisturiser, bath soap, shampoo, small mirror, comb, nail clippers, disinfectant, deodorant, pocket tissues and toilet paper.
  - ix)** Folding umbrella for protection from sunlight.
- 5** Do Not take audio or video tapes or political literature as the authorities will review them at the airport and that will cause delays.
- 6** Do Not take gold, jewellery or any other valuables with you.

## **2) Health & Safety**

1. You will leave home ready to immerse yourself in worship. This optimism will be dampened by the health problems you would have to cope with them in the Holy Land. Don't push yourself too much. Your body needs lots of rest. Do what you can and move on. Your worship did not begin with the Hajj and is not going to end with it.

2. Most pilgrims will suffer from one or more of the following: sore throat, coughing, frequent sneezing, runny nose and fever. Bring enough supplies of over the counter medication.



3. If you suffer from a specific disease you should seek medical advice from your doctor regarding

your condition and how your body can cope with the physical demands of the Hajj. It is preferable if you could bring along with you the latest medical report of your condition.

**4.** Presently the Meningococcal Quadrivalent Vaccine ACYW-135 is mandatory for the pilgrim. This is not enough. Get a FLUE vaccine as well. Every protection that you can take to ensure good health during the Hajj should not be missed.

**5.** A high percentage of pilgrims suffer from flu. This could badly affect your worship and your performance of the Hajj. It is therefore highly recommended that you should take a flu vaccine. As the flu virus is a complex one and there are various types of it which change from year to year and vary from one place to another, it is important that the pilgrim takes the vaccine advised by the health authorities in Saudi Arabia. The Saudi health authorities make yearly recommendations in this regard.

**6.** The chances of children catching diseases during the Hajj are even greater. It is therefore, important that pilgrims who are travelling with children should ensure that their children have completed their vaccination against the main child diseases. In addition they should take the Hajj



vaccination. The Meningococcal Quadrivalent vaccine ACYW-135 should not be given to children under 6 months.

7. In situations where there are crowds of people, infections are bound to spread. Germs spread by droplets from our mouths as we speak or when we cough or by direct contact as in sharing a cup, spoon, fork, etc. Cover your mouth before you cough so as not to spread the infection further.

Washing of hands with soap helps in preventing the spread of infections.

Avoid close contact with people who are ill. Visit them by all means but keep your distance. If you are ill, protect your visitors by staying a fair distance away. People who are ill should try not to mix with people who are well. In this way, the illness can be contained.

8. Hepatitis A is an infection that can be transmitted via the faecal-oral route. It can be transmitted by infected food from infected food handlers. The incubation period is 2 to 3 weeks from the time of contact. It can be a serious illness. There is a vaccine available for Active immunisation that must be taken at least two weeks before departure. Immunity derived from this vaccine can last up to two years. If a booster

vaccine is taken after six months, the immunity to hepatitis A is for life.

**9.** Take multivitamins daily as you may not be eating a balanced diet there.

**10.** If you have asthma, consult your doctor on the extra precautions you need to take as it is very dusty in many of the places you will be visiting.

**11.** Avoid applying perfumes with strong smell when you go to the Masjid. Have a heart for those with medical conditions. Strong smells are associated with migraine and asthma attacks.

**12.** The Hajj pilgrimage involves a lot of walking. If you don't go for daily walks, begin it well before your journey (6-8 weeks.) A brisk walk for about an hour three times a week would be sufficient to prepare you for Hajj walking.

This will reduce the likelihood of getting muscle pulls and cramps. The *Tawaf*, *Sa'i*, and the frequent daily walks to the Mosque will help to improve your health. Do not stop this habit of walking when you return home. You must to be in the best of health to concentrate fully on your worship wherever you are.

**13.** Back strain is a common problem. Every precaution should be taken not to strain the back unnecessarily. Travel light. In most cases most of the clothes taken will not be used. Lift luggage correctly. Proper lifting of heavy items involves not bending the back but bending the knees and lifting with a straight back. It will be better to allow others who are not going on Hajj to do the lifting, e.g. relatives who are not travelling, hotel staff, etc.

If a back problem already exists, extra care needs to be taken not only in lifting but also in sitting in awkward positions or on very low chairs, bending and twisting awkwardly, etc. Remember, back strains take up to a month to heal. If a disc becomes prolapsed, this would take longer to heal, sometimes requiring operations.

**14.** The Holy Mosques in Makkah and Medina have extensive marble floors inside and outside. When the smooth marble is wet, as after rain or after washing, it becomes very slippery. Walking on slippery floors must be done with extra care as slipping and falling hard onto the marble can cause some serious injury to the back, hips, elbows and wrists.

**15. Diabetics** must make sure that diabetic control is at its optimum. A proper diabetic diet is very important. Diabetics should make their own arrangements where possible, e.g., use brown bread instead of the tempting white-flour rolls or the abundant white rice.

Tea ordered from a take-away place may have sugar added to it. Fruit juices that are made in take-away places have large amount of sugar added to them to make the juice taste sweet.

Diabetics must take extra care of their feet. Treat scratches and even tiny cuts promptly until they heal. Remember that open sandals will be worn for the duration of Hajj. Nails should be well trimmed. When walking, allow enough space in front of you so that feet are not trampled.

**16.** If one has diarrhoea, one must drink extra fluids, preferably oral re-hydrating fluids which are easily available there. Try not to take any medication to stop the diarrhoea unless one is having very frequent diarrhoea (more than 6 times in 12 hours is a reasonable guide). In this case, one may take either lomotil or imodium. These are easily available there. Diarrhoea is a method by which the body is trying to get rid of the germs. By stopping it, one may be helping the germs to stay in the body causing one to become more ill. If

an appetite is present, one may eat food, but take in carbohydrates, fruit and vegetables only. Avoid protein foods such as meat, chicken, fish, eggs, dairy products and fried and fatty foods until a normal motion is passed. Then, a normal diet may be resumed.

Food bought from outside stalls and fruit bought from side-street vendors carry the risk of infection. The fruit may also have insecticides or pesticides sprayed on them. Thorough washing of the fruit before eating must be done to minimize infection. Fruit that need to be peeled are safer e.g., oranges, mandarins, bananas, etc.

**17. Constipation:** Due to a change in the diet and the hot weather resulting in water depletion, constipation can be a real problem. Constipation may result in haemorrhoids and fissures. These may result in bleeding. Constipation, haemorrhoids and fissures can be very distressing. It can affect normal activities resulting in loss of valuable time in Makkah and Medina.

Maintaining a high fibre diet, e.g., a high fibre breakfast cereal, whole meal bread, dried fruit like prunes and apricots, not eating an abundance of fried or fatty foods, drinking adequate amounts of water can avoid constipation.

**18. Skin Care:** Because of the harsh, dry conditions that can be encountered, dryness of the skin can become a problem. Going from a humid climate to dry conditions will have a major effect on the skin. The skin will not have the time necessary to acclimatize. Cracking of the skin is common. If this happens on the feet, it can cause deep fissures resulting in pain and discomfort with the possibility of infection developing. This is especially important for diabetics.

A good moisturizer applied two or three times a day starting as soon as possible after arrival in Saudi Arabia will help the skin retain moisture and slowly acclimatize. The moisturizer need not be expensive. Aqueous Cream, which is cheap, applied frequently, will do. A good heel balm would be ideal. To allow the feet to retain the moisture in the skin, it may be necessary to wear a pair of socks to avoid the evaporation of water. Extra care should be paid to the feet, as performing Hajj with painful feet would add an unnecessary burden.

**19.** As men are not allowed to wear underwear, scuffing of the skin on the inner side of the thigh and scrotum can occur especially if the person is over-weight. The sweat and the rubbing of the thighs and scrotum during walking can cause a

very painful rash and excoriation of the skin in this area.

To prevent this condition, men are advised to use Vaseline or any other non-perfumed moisturizer liberally to the inner side of the thighs frequently throughout the state of *Ihraam*. If this problem does occur, a mild steroid cream will help in soothing the area until healing takes place, Insha-Allah.

**20.** Due to the intense heat, it is not uncommon for the feet to swell. In healthy people, this is transient. As the body acclimatizes to the hot conditions, the swelling should subside.

It would help to elevate the legs at every opportunity so that the dependent fluid in the feet can go back into the circulation.

**21.** Take adequate amounts of the usual medicines that you need. These would include medications for High blood pressure, Diabetes, Glaucoma, raised cholesterol, etc. Most medicines that we find here are obtainable in Saudi Arabia. Pharmacies in Saudi Arabia do not require prescriptions for medications that usually require control here. The pharmacists are usually very helpful and will give you whatever you need. Do

not hesitate to take the advice of a doctor or a pharmacist who may be travelling with you.

**22.** It is possible to delay menses for a period by taking appropriate contraceptive pills or hormone tablets. If the dates of departure and the length of stay in Medina and arrival in Makkah for Umrah are known well in advanced, your doctor will be able to slowly adjust your cycles so that menses would come at an appropriate time. If not enough time is available, then menses can still be adjusted using hormones. Please consult your family doctor on the best way for you

**23.** If you wear glasses, bring along an extra pair. The likelihood of your glasses falling down and being stepped on are high. As an additional cover, bring along your glass prescriptions as well. There are optical shops near the Mosque offering very good prices compared to those in Ireland.

**24.** Flatulence (passing of wind) is a main cause of the loss of *Wudu*. In the crowd packed Holy Mosques, this can be a problem. Avoid or reduce the intake of food that contributes to this problem. Both herbal and other medications [antacid antiflatulent] are now available to reduce the occurrence of flatulence.



**25.** Have a dental check-up at least 2 months before your departure so that there is ample time for treatment and follow-ups. It is not nice to have a severe toothache while performing the Hajj!

**26.** Adequate preparations will, Insha Allah make the performance of Hajj a spiritually uplifting and memorable experience. Invoking Allah Ta'ala's help, in dua's, in keeping illness away and in protection from ill-health cannot be emphasised enough.

**27.** A plastic bracelet with the name, address and telephone number of your Tawafa Establishment printed on it will be given to you upon your arrival in Makkah. Make sure you wear this bracelet at all times as well as your name badge. In case you are lost or have an accident, these identifications will let you get to the right people.

**28.** Make sure you know the names and addresses of your hotels in Makkah and Medina. If you are lost, you can call them or get directions.

### **3) Transport**



Transport is without doubt the most talked about subject during the Hajj. Almost every pilgrim has his/her own ideas about how transport services could be improved. If Hajj is "a struggle", then enduring the transport inadequacies is an important component of this "struggle."

Some tips to help the pilgrim cope with the problem:

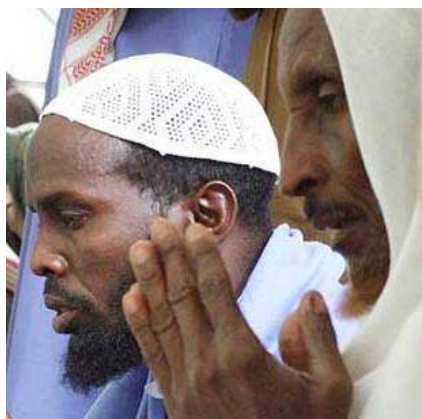
① In anticipation of the air-con system in your bus malfunctioning, bring along a hand fan and small towel.

② You will see a lot of things along the way that

worsens the traffic situation. These include indiscriminate parking, improperly maintained buses that have broken down, accidents and the quarrels that follow, drivers who disregard traffic rules, etc. Do not let all these bring out the animal in you. Remain calm. Remain focused on the big picture. Think about your pledges to Allah and the specific things you should be doing from now to make you a better servant of Allah.

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## 4) Prayers



❶ In both the Sacred Mosque in Makkah and the Prophet's Mosque in Medina, *Janazah* (funeral) prayer is conducted after almost every congregational prayer. Learn this prayer before you leave for the Holy Land so that there will be greater depth to your participation in this prayer. This is an opportunity to learn the *du'a* in *Salat Al-Janazah*, if

you already do not know them by heart. (See section 17 of this booklet for description of *Janazah* prayer.)

② Some pilgrims bring prayer mats to the mosque. Instead of moving forward to fill the spaces before the prayer begins, some just stand on their own mats and thus block the forward movement of others. This is incorrect mosque etiquette.

③ If you wish to pray the Friday *Jumu'ah* prayer inside the Two Holy Mosques during the Hajj period, you should enter the mosques at least 2½ hours before the *Azaan*.

④ The majority of those who attend the *Maghrib* prayer in *Al-Masjid Al-Haram* remain there for the *'Isha* prayer. Given the packed environment, you will be wasting a lot of time in leaving the mosque after *Maghrib* and trying to re-enter before *'Isha*. It is better to remain inside and engage in other types of worship.

⑤ Do not sit at the entrances to the mosque and in the walkways. Such inconsiderate behaviour blocks others from making use of vacant spaces. Even during peak periods, about 5 to 10% of mosque

space is unutilized because of this inconsiderate behaviour.

⑥ If you end up praying at the entrances or in the walkways, move away *immediately* after the end of the congregational prayer. Do not continue your worship (e.g. recitation of *dua'*) in the same place as you will block the passage of others trying to exit from the mosque. This inconsiderate behaviour is widespread in both mosques. It is important that pilgrims are briefed correctly before they leave for the Holy Land.

⑦ It is common for those wearing glasses to remove it and place it in front before starting their prayer. *Never* do this in both mosques. The likelihood of your glasses being stepped on by others is 99%.

⑧ After finishing your prayer, extend your hand of greetings to those sitting near you. Mention your name and country to them. This creates an atmosphere of friendship with Muslims from other lands.

⑨ Communicate the prayer times in the two Mosques (and the time difference between Saudi

Arabia and your country) to your folks at home so that they will know when NOT to contact you.

⑩ The Imam recites *Surah As-Sajdah* after *Al-Fatihah* during Friday *Fajr* prayer. After reciting the word "*sajdah*" he moves straight to prostration instead of *Rukuh*. Pilgrims who don't know this are put in an embarrassing situation during prayer. This lack of awareness can be seen amongst a substantial number of pilgrims during congregational prayers in both Mosques.

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## 5) F. A. Q.

① Is there a *Haj Akbar*?

If Arafat is on a Friday, then many describe it as *Hajj Akbar* (Great Hajj). There is no big or small Hajj. There is only one Hajj. Every year is *Hajj Akbar*. The 10<sup>th</sup> day of *Dhul Hijjah* is described in The Qur'an as *Yaum-ul-Hajjil-Akbar*.

② Is it a requirement to enter *al-Masjid al-Haram* from the Baab as-Salaam gate?

You can enter from any of the gates.

③ Can I smoke when I'm in *Ihraam*?

No. Try to give up this habit for the good of your *Deen*, health and the well-being of your family. Many heavy smokers have returned from the Hajj as non-smokers for good. *Alhamdulillah*.

④ When I stone the *Jamr'at*, is it necessary to hit the target?

It is acceptable if the stone falls into the circle without hitting the target.

## **6) Shopping**

1. The currency of Saudi Arabia is the Saudi Riyal (S.R.). At the time of going to print €1 = 5.35 Saudi Riyals. There are several currency exchange offices near the two Mosques. Shop around for the best exchange rate. Avoid changing money at Jeddah airport upon your arrival as the bank there gives very low exchange rates.

2. Most shops in the areas near the two Mosques do not accept credit cards. Do not arrive in the Holy Land in the hope that you can survive with your credit cards. The only places where credit cards can be used are five-star hotels and some jewellery shops. Visa and Master Card stickers can be seen in these places. Diners and Amex are not popular here.

3. Generally, expect customer 'unfriendly' service. One can cite several reasons (big crowd, language

problem, etc.) but at the end of the day there is no excuse.

4. Price haggling is the norm. Pilgrims from countries where this is not the norm are at a disadvantage.

5. Goods with price stickers/tags are a rare sight. This makes shopping difficult. The Saudi authorities should look into this problem. In the long run, price stickers will help to increase sales for the businesses.

6. Food products: 'expiry dates' are printed mostly in 'Arabic' numerals (in reality Hindi not Arabic). Familiarise yourself with these numerals so that you don't end up buying 'expired' products.

7. Coins are never used, although Saudi currency coins exist. If you pay SR 3 for SR 2.50 product, you'll be given one or two tiny packets of chewing gum as "change".

8. Pirated products, particularly pirated watches, are widely sold by street vendors and others. It is vital that Saudi authorities move quickly against the import and sale of such products to protect the shoppers and to maintain the image of the Holy



Land as a place for honest commerce. Do not buy pirated goods.

9. Beware of pickpockets. Despite the tough laws, the crowded environment of the Hajj provides easy opportunities for these criminals.

10. If you wish to buy snacks, groceries, etc. in a posh setting, visit the supermarket in the building that houses the Hilton hotel in Makkah called *Abraj Makkah* or Makkah Towers.

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## **7) Expenses**

1. The amount prepaid for the Hajj package usually includes return airfare, accommodation, meals, and bus trips. Get from your Hajj tour operator the full details of all the services they provide.

2. Bring additional cash (Euro) /travellers cheques for:

- a) Telephone calls (cards);
- b) Purchase of medicines and related items;
- c) Laundry;

- d) Food / snacks / drinks;
- e) transport (for examples additional *Umrah* trips);
- f) Presents to family members and friends / purchase of dates;
- g) Excess luggage (return journey);
- h) Payment of *Qurbani* (if it is not included in your package or for voluntary or as *Kaffarah*.)
- i) Charity;
- j) Some additional cash to cover emergencies (for example purchase of clothes and other essentials if your baggage is lost in transit.)

As can be seen from the above, a pilgrim needs a substantial amount of money to cover various expenses during his stay in the Holy Land. The amount needed depends on several factors including the number of days the pilgrim will be staying in the Holy Land. In budgeting for your expenses, you should talk to those who performed The Hajj the previous year. Use the list of expenditure categories provided above so that you can talk specific figures. Below are some price indications (2006 prices):

- i) Dates. The prices of dates vary from 10 Saudi Riyal to 120 Saudi Riyal per kg. A good quality date called "Amber" can be purchased for SR30 per kg.

ii) *Qurbani*: The price of sheep is in the range of SR350 to SR400.

iii) Souvenirs / gifts. Prayer rugs, *Tasbih* and prayer hats are the most commonly bought items. Prices of prayer mats vary. You can buy a reasonably good quality prayer mat for SR15. Prices of good prayer hats range from SR4 to SR5 for one. *Tasbih* prices range from a dozen for SR5 to SR15 for one. Of course, there are very, very expensive *tasbih* as well.

iv) Excess luggage: SR20 per kg. Some Airlines allow pilgrims to carry up to 30kg of check-in luggage and another 5kg of hand carried luggage.

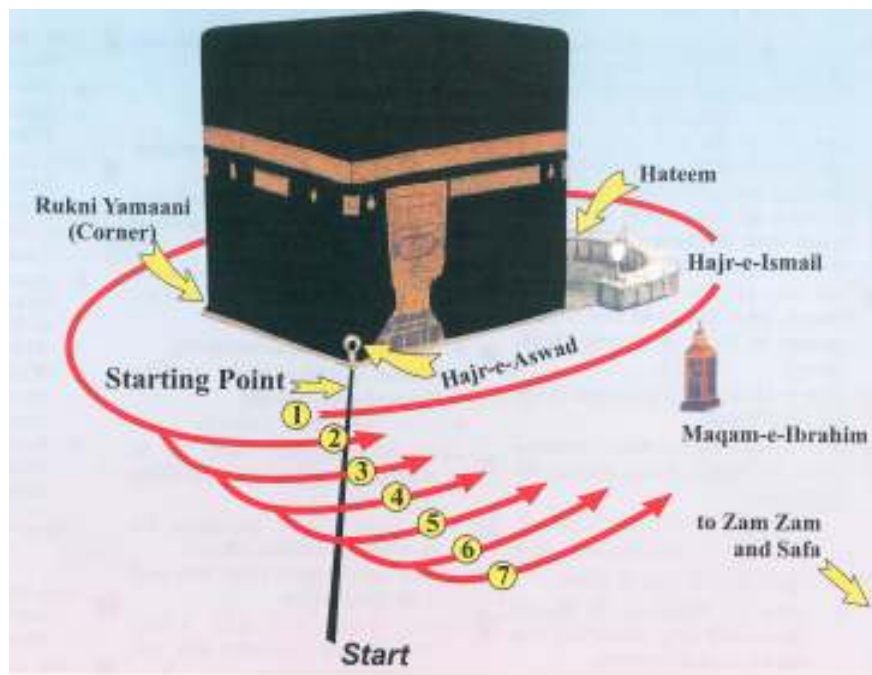
iv) Laundry. There are many laundry services around the Holy Mosques. They take about 24 to 48 hours to return your clothes.

vi) Charity. The minimum amount given to a street beggar is SR1.

vi) Postal charges. Some pilgrims send their excess luggage (including *Zamzam* water) by parcel post. Rates vary according to weight and destination. Please check with the postal authority.

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## 8) *Tawaf*



1. There are five types of *Tawaf*: (1) Welcome *Tawaf* (*Tawaf-al-Qudoom*); (2) *Umrah Tawaf*; (3) *Tawaf* for Hajj (also known as *Tawaf-al-Ifadah*); (4) Farewell *Tawaf* (*Tawaf-al-Widaa*); (5) *Nafl Tawaf*.

2. Welcome *Tawaf* (*Tawaf-al-Qudoom*) is performed by those performing the *Ifrad* and *Qiran* types of Hajj.

3. *Wudu* is required for *Tawaf*. *Tawaf* begins and ends at *Hajr-al-Aswad*

4. *Ihram* (and) having your right shoulder open (*idtiba*), and walking briskly during the first 3 rounds of *Tawaf* (*ramal*) are required for (1) and (2).

5. *Ihram*, *idtiba* and *ramal* are NOT required for (3), (4) and (5).

6. *Tawaf* for Hajj: is one of the Pillars of Hajj and must be performed by all pilgrims.

7. Farewell *Tawaf* (*Tawaf-al-Widaa*): last act to be performed before leaving Makkah. Perform this *Tawaf* one to two hours before your departure. There is NO *Sa'i* after Farewell *Tawaf* (*Tawaf-al-Widaa*.)

8. *Nafl Tawaf*: can be performed any time. It is superior to *Nafl Salat* in the Holy Mosque. During your stay in Makkah, try to perform as many *Nafl Tawaf* as possible.

9. *Tawaf* proceeds in an anti-clockwise direction. Do not walk clockwise to reach the starting point of *Tawaf*. Walk anti-clockwise from your position to reach the starting line of the *Tawaf*. This will ensure smooth movement of *Tawaf* for everyone.

10. After finishing your *Tawaf*, do not walk clockwise to exit. Continue walking anti-clockwise until you reach your desired area and exit there.

11. Be extra careful when pilgrims in wheelchairs are near you. Some wheelchairs have sharp edges that can cause injury. Always try to make way for pilgrims in wheelchairs.

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## **9) *al-Hajr al-Aswad* (The Black Stone)**



1. During the peak Hajj period, DO NOT attempt to kiss the Black Stone. The risk to your body is just too high. Some pilgrims come out of this attempt dehydrated and in a daze. Some could sustain injuries.

2. Even during the non-peak Hajj period, your chances of succeeding in this attempt within a 1½ - hour period are less than 50% even after midnight.

## 10) *Sa'i*



1. The literal meaning of *Sa'i* is "effort".

2. *Sa'i* is performed after (i) *Tawaf* for *Umrah*, after (ii) *Tawaf-al-Ifadah* (Hajj *Tawaf*). You should be in *Ihraam* for (i). *Ihraam* is not required for (ii)

unless you are performing it before the cutting of your hair.

3. There is no *Nafl Sa'i*.

4. There is no *Sa'i* after the Farewell *Tawaf* (*Tawaf-al-Widaa*).

5. *Sa'i* consists of 7 rounds of walking between *As-Safa* and *Al-Marwah*. One round is completed when you begin from *As-Safa* and end at *Al-Marwah*. The return from *Al-Marwah* to *Al-Safa* completes the second round and so on. A few people make the mistake of counting the beginning and ending at *As-Safa* as the completion of one round. Thus they end up walking 14 rounds which is not required.

6. The total distance you would walk performing the *Sa'i* is approximately 3.15 km (the distance from *As-Safa* to *Al-Marwah* is approximately 450 metres -  $7 \times 450\text{m} = 3.15 \text{ km}$ )

7. If you are tired after performing the *Tawaf*, you can rest for a while and then perform the *Sa'i*.

8. *Wudu* is not required for *Sa'i*. It is, however, preferable to be in *Wudu* as you may have to interrupt your *Sa'i* to join the congregational prayer.



**9.** *Sa'i* must be interrupted for the congregational prayer. After the end of the prayer, you must start your *Sa'i* from the place where you stopped.

**10.** You may interrupt your *Sa'i* to perform the *Janazah* prayer.

**11.** Try to perform the *Sa'i* in the middle floor rather than the ground floor. There is less pushing and jostling in the middle floor and you also get a better view of a good part of the Ka'bah in some sections of this floor. *Sa'i* can also be performed on the open roof floor. Given the heat, early morning, evening and night are the recommended times to perform *Sa'i* on the roof floor.

**12.** Men should walk briskly between the green pillars (lights). Women should not run. If you are looking after elderly or female pilgrims, you don't have to walk briskly.

**13.** Look out for water spills along the way especially near the spots where *Zamzam* water tanks are placed. You can slip and fall. A serious back injury –God forbids- can damage your pilgrimage.

**14.** Do not walk in the area built especially for pilgrims in wheelchairs (ground floor) even if that

area or parts of it are not being fully used. Maintain your discipline at all times.

**15.** You can engage in various forms of worship (*Dua'*, *Dhikr*, *Tasbih*) during *Sa'i*. Do not raise your voice. Prophet Muhammad (peace be upon him) said: "You are not calling upon a deaf or an absent One."

**16.** Do not perform *Sa'i* in a group as the continued effort to maintain the group formation will hinder the movement of others.

**17.** Do not follow or recite behind a leader when performing the *Sa'i*. A continuous chorus of voices reciting behind a leader will disturb the worship of others. Remembrance of the Allah in a dignified manner on your own is the right worship.



## **11) The Five Days of Hajj**

We can become engrossed in daily activities in Makkah and Medina without realising the closeness of Hajj. When the 1<sup>st</sup> day of Dhul Hijjah is known, it is time to prepare for Hajj - not on the 7<sup>th</sup> of Dhul Hijjah.

On the 1<sup>st</sup> day of Dhul Hijjah, look at your state of health very carefully. If you are ill, get adequate treatment so that you can recover well before Hajj actually starts. If you are not ill, make sure that you look after yourself so that you do not become ill, e.g., avoid coming too close to people who are ill, dress adequately so that you do not get cold or wet if it rains. Rest your body as well as exercise it

to keep in peak condition. Take special care of your skin and your feet.

Have a good sleep on the 6<sup>th</sup> day of Dhul Hijjah so that your body is well rested. You may not have time to sleep well on the night of the 7<sup>th</sup> of Dhul Hijjah due to the preparations required. Once Hajj starts, you may not be able to sleep well for a few days.

The time in Mina on the 8<sup>th</sup> day of Dhul Hijjah is mainly for reflection and Dhikr. Not much physical effort is required except in getting to Mina.

## **12) Arafat**

❶ The Day of Arafat is the most important day of the Hajj. Use it to the maximum. You may not get another chance.

❷ You have to be in Arafat from noon of the 9th of *Dhul-Hijja* to sunset.



③ Some pilgrims miss out from reaping the full benefit of *Wuquf* (standing/staying) in Arafat during those prescribed hours (approximately 5½ hours). Most pilgrims pray, recite the Qur'an, do *Dhikr*, and *dua* in Arafat during those hours but some chat, smoke or take a nap. There is a fair amount of such wasteful activities caused by a lack of understanding of *Wuquf*. Pilgrims must understand that their presence in Arafat is among the most precious times in their lives.

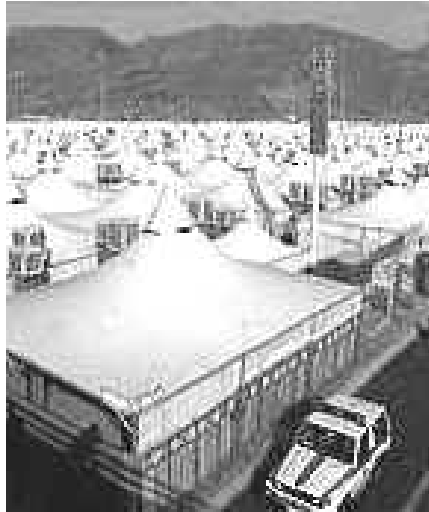
④ You may want to consider a diet of water, dates and fruits in Arafat as this will reduce the need to go to the toilet frequently. This diet may also help to keep you more alert and not make you feel 'sleepy'. You will thus have more time to worship.

⑤ After Arafat, the next rite is at Muzdalifah. Prepare yourself psychologically for the possibility

that you may not be able to perform this part of the Hajj rite. Instead of leaving Arafat after sunset, you may find yourself stranded in Arafat until the next morning waiting for your turn to be picked up by the bus to Muzdalifah.

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## **13) *Mina***



1. Talk to others about their Mina experience before you leave for the Holy Land. It is better to be forewarned and prepared for the conditions that you may encounter. Staying in a tent that is next to the toilets, staying beside the area where foul smelling garbage is piled up; these are some of the conditions that you may have to put up with during your 3-day stay in Mina. Some survival tips are listed below:

- i) Plan your diet so that you don't have to go to the toilet frequently;
- ii) Avoid idle talk which consists mostly of a tirade against the authorities or against your Hajj agency for various shortcomings;
- iii) Immerse yourself in various types of worship - reading the Qur'an, *Dhikr*, and *du'a*. While these are not only the right things to do in Hajj, they will

also help to keep your mind from being distracted by the shortcomings there.

iv) You will be able to spot individuals in your tent who are knowledgeable about Islam. Get close to them and seek clarifications about matters that are not clear to you. In the long run, you will remember these meetings more than the difficulties you encountered in Mina.

2. The return to Mina from Muzdalifah and the days in Mina can be the most difficult of the whole Hajj. These are the days when Shaytan is rejected by all the pilgrims in a short space of time. Do not rush to stone the Shaytan. Wait for a suitable opportunity. Stand at a safe spot and observe the scene. Do not rush into the crowd. Women should be protected from the pushing. If you lose your footwear and if it is very crowded with people pushing and shoving, leave your footwear. DO NOT carry luggage with you when you go for stoning the devil.

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## **14) Medina**





❶ It is not an obligation to visit Medina before or after the completion of your Hajj rites. However, if you have the resources and time, visit Medina. It occupies an important place in Islamic history. Most Hajj travel packages include a visit to Medina.

❷ It is not a requirement to stay 8 days and complete 40 prayers in the Prophet's Mosque. Those who insist on this base it on a weak *Hadith*. It has no support in any authentic *Sunnah*. If you have the time and resources enjoy a long stay in Medina but remember that your Hajj time is better spent in Makkah.

❸ There are lots of historical sites in Medina that are worth visiting. These visits are not part of the Hajj rite. Remember to include the Quba mosque in your visits. The Prophet (peace be upon him) said: "One who does *Wudu* at home, then offers prayers

in Quba mosque is entitled to the reward of an Umrah."

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## **15) Death**

It is a very emotional scene in many places when pilgrims bid farewell to their families and friends in their homes or at the airport. To a few pilgrims, it is really their final farewell. Some pass away even before they reach the Holy Land, some pass away in the middle of their Hajj rites, and others after completing their Hajj rites but before their return journey.

It is very important that the pilgrim wears his identification tag at all times he/she is out of his place of accommodation. It is easier to live with the news of the death of a loved one than to be told that the identification of several dead pilgrims could not be ascertained and your loved one could be one of them.

Though the Hajj tour operator will have your home address and contact details, it is important that those closest to you during the journey also have these

details. It is always more comforting to your loved ones to hear about your condition from those who had been closest to you.

If someone who had been close to you during the pilgrimage passes away in the Holy Land, please make it a point to contact the deceased's family in person (if their place is not too far away from yours) and spend time sharing the good companionship you had with the deceased. What you say will be amongst the memories that they will carry of their loved one. It will be a great source of comfort to them and may Allah reward you for the good deed.

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## **16) A good pilgrim**

- ① Does not litter, smoke or spit in public places (including roads and pavements);
- ② Does not push others while performing *Tawaf*, *Sa'i* and stoning the *Shaytan*;
- ③ Does not buy pirated products;
- ④ Does not sit and block passage ways in the mosques;
- ⑤ Maintains his/her discipline at all times.
- ⑥ Begins his/her Hajj preparation at least six months before departure so that he will be adequately prepared, spiritually, physically and logistically;
- ⑦ Will NOT be overly occupied with trivialities and remain at all times focused on the primary aim of his Hajj: to plead to Allah to forgive his/her sins

and to bless him/her with the Straight Path for the remainder of his life.

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## **17) The Funeral Prayer**

As was mentioned earlier in both Mosques in Makkah and Medina the *Janazah* prayer is conducted after almost every congregational prayer. Thus it is important that one should learn this prayer and the *du'a* in it so that there will be a greater depth to one's participation in this prayer.

- The funeral prayer is a collective obligation or *fard kifa-yah*.
- The pre-requisites (Wudu, facing the Qiblah etc.) for the funeral prayer are the same as those for the ordinary prayer.
- A woman, like a man, may offer a funeral prayer, singly or in a congregation. 'Aishah ordered the body of Sa'ad ibn Abi Waqqas to be brought to her so that she could offer a funeral prayer over him.

**Description of salat al-*Janazah*:**

- There are Four (4) *Takbirs* in the funeral prayer.
- Raise both hands with the first *takbir*, then fold your right hand over your left hand and put them on your chest.
- Commence the funeral prayer with the (silent) recitation of *Surat Al-Fatihah*.
- Say another *takbir* and recite *as-Saltu 'ala annabi*.
- After the third and fourth *takbirs* supplicate for the deceased.
- End the prayer with *taslim* twice on the right and left sides. It is permissible to perform one *taslim* only.

### Supplication for the Deceased:

1) اللَّهُمَّ اغْفِرْ لَهُ وَارْحَمْهُ ، وَعَافِهِ وَاغْفُ عَنَّهُ ، وَأَكْرِمْ نُزُلَهُ  
 وَوَسِّعْ مَدْخَلَهُ ، وَاغْسِلْهُ بِالْمَاءِ وَالتَّلْجِ وَالْبَرْدِ . وَنَقِّهِ مِنْ  
 خَطَايَاهُ كَمَا يُنْقَى الثَّوْبَ الْأَبْيَضَ مِنَ الدَّنَسِ ، وَأَبْدِلْهُ دَاراً  
 خَيْراً مِنْ دَارِهِ وَأَهْلاً خَيْراً مِنْ أَهْلِهِ ، وَزَوْجاً خَيْراً مِنْ زَوْجِهِ  
 وَأَدْخِلْهُ الْجَنَّةَ وَأَعِدْهُ مِنْ عَذَابِ الْقَبْرِ وَمِنْ عَذَابِ النَّارِ ."

1) "Allahumma-aghfir lahu war-rhamhu, wa 'afihi wa'fu 'anhu, wa akrim nuzulahu, wa wassi' mudkhalahu, waghsilhu bi-ma'i wath- thalji wal-barad, wa naqihi minal-khataya kama yunaqa ath-thubu'abyadu minad-danas, wa abdilhu daran khayran min darihi wa ahlan khayran min ahlihi wa

zaujan khayran min zaujihi, wa adkihilhul-jannati wa a'idhhu min fitnatal-qabri wa adhabin-nar."

'O Allah! Forgive him, have mercy on him, heal him, pardon him, be generous to him, cause his entrance to be wide and comfortable, wash him with water, snow and hail and purify him from sins as a white garment is washed clean of dirt. Give him in exchange a home better than his home (on earth) and a family better than his family, and a spouse better than his wife, and protect him from the trial of the grave and the torture of Hell Fire'."

This is narrated by Muslim.

2) اللَّهُمَّ اغْفِرْ لِحَيِّنا وَمَيِّتِنَا ، وَشَاهِدِنَا وَعَائِبِنَا ، وَصَغِيرِنَا وَكَبِيرِنَا ، وَذَكَرِنَا وَأُنْثَانَا ، اللَّهُمَّ مِنْ أَحْيَيْتَهُ مِنَّا فَأَحْيِهِ عَلَى الْإِسْلَامِ وَمَنْ تَوَفَّيْتَهُ مِنَّا فَتَوَفَّهُ عَلَى الْإِيمَانِ ، اللَّهُمَّ لَا تَحْرِمْنَا أَجْرَهُ وَلَا تُضِلَّنَا بَعْدَهُ."

2) "Allahumma aghfir li-hayyina wa mayyitina, wa shahidina wa gha'ibina, wa saghiyrina wa kabiyrina, wa dhakarina wa unthana. Allahumma mun ahyaytahu minna fa-ahyihi 'alal-islam wa mun tawafiytahu minna fa-tawafahu 'ala iman. Allahumma la tahrinna ajrahu wa la tudhiluna ba'dahu."

(O Allah! Forgive our living and our dead, those of us who are present and those who are absent, our young and our old, our males and our females, those of us who are present, and those who are

absent. O Allah! Whomsoever among us You keep alive, make him to live in Islam, and whomsoever You cause to die, let him die in faith. O Allah! Do not deprive us of our reward for (supplicating for) him, and cause us not to go astray after him."

3) Nawawi said: "If the deceased is a child, a boy or a girl, one should say what is reported in the *Hadith*, namely, "O Allah! Forgive our living, our dead, ." and add:

(3) "اللَّهُمَّ اجْعَلْهُ فَرَطًا لِأَبَوَيْهِ وَسَلَفًا وَذُخْرًا ، وَعِظَةً  
وَاعْتِبَارًا وَشَفِيعًا ، وَثَقِّلْ بِهِ مَوَازِينَهُمَا ، وَاغْرِغِ الصَّبْرَ عَلَى  
قُلُوبِهِمَا ، وَ لَا تَقْتِنَهُمَا بَعْدَهُ وَ لَا تَحْرِمَهُمَا أَجْرَهُ."

"Allahumma 'ij'alhu faratan li-abwaihi wa salafan wa dhukhran wa idhatan wa i'tibaran wa shafi'an wa thaqil bihi mawazeenahuma wa afrghas-sabra 'ala qulubihima wa la taftinhuma ba'dahu wa la tuharim-huma ajrahu."

"O Allah, make him/her for his parents a forerunner, a treasure and an admonition and an intercessor, and cause him/her to make their scales of good deeds heavier (on the Day of Judgement). O Allah! Grant them patience, and O Allah! Do not put them to trial after him/her nor deprive them of his/her reward."

4) Supplications after the fourth *takbir*

It is preferred to supplicate for the deceased after the fourth *takbir*, even though the supplicant may



have done so after the third *takbir*.

Ash-Shafi'i said: "After the fourth *takbir* one may say:، " **اللَّهُمَّ لَا تَحْرِمْنَا أَجْرَهُ وَلَا تَقْتَبْنَا بَعْدَهُ.**"

“Allahumma la tahrinna ajrahu wa la taftinna ba'dahu.”

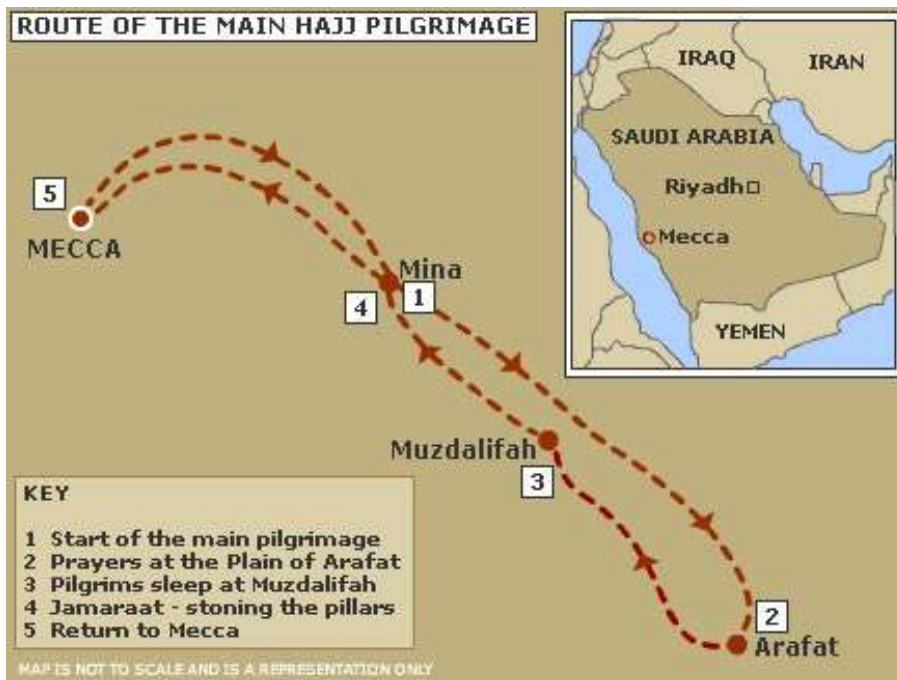
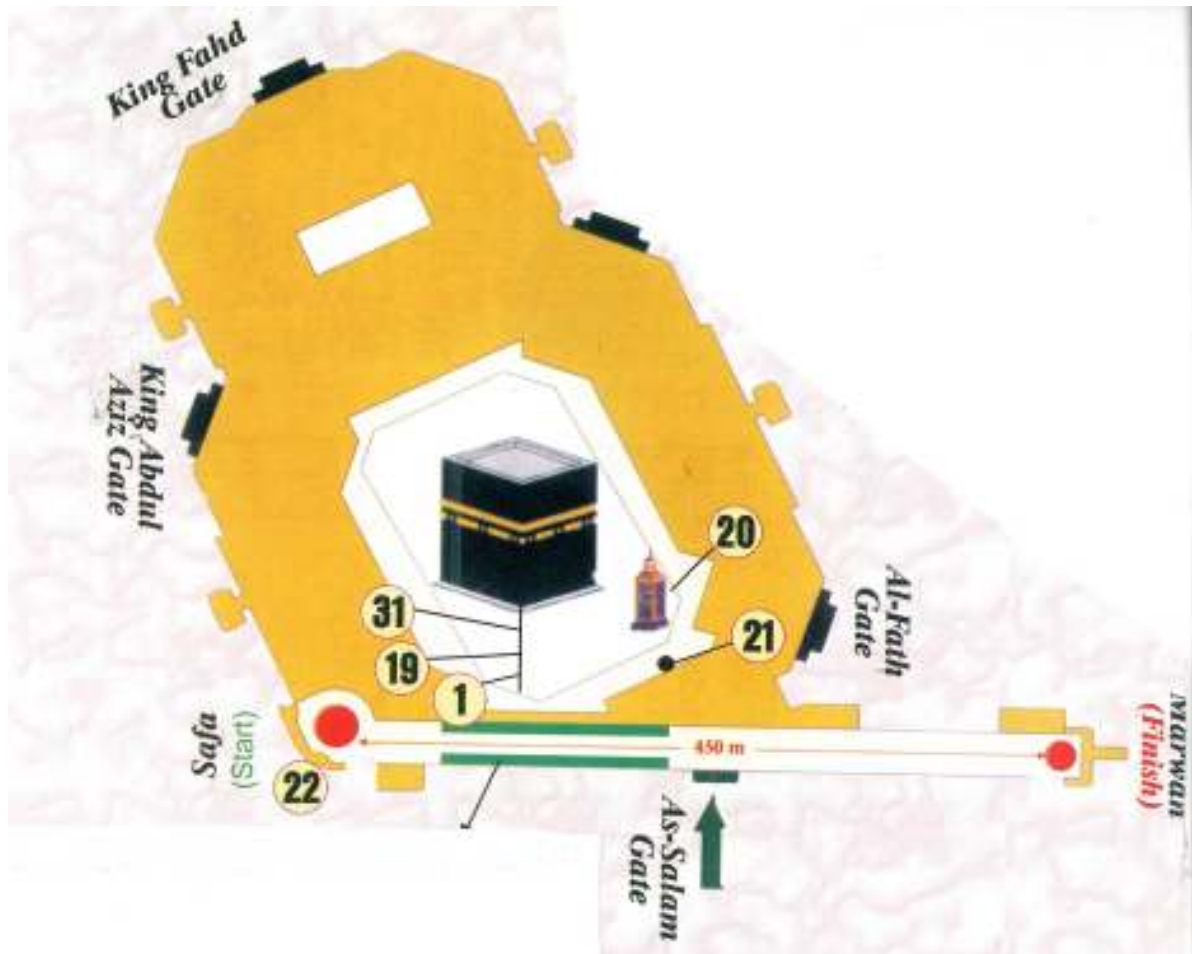
'O Allah! Do not deprive us of reward for (supplicating for) him/her, nor put us to trial after him (or her)'."

Abu Hurairah said: "After the fourth *takbir* the elders used to say:

**"اللَّهُمَّ رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ."**

“Allahumma Rabbana atina fid-Dunya hasanatan wafil-Akhirati hasanatan wa qina 'adhab an-Nar.”

'O Allah! Grant us good in this life and good in the life to come, and save us from the torment of Hell-fire.'



# Hajj Check List ✓

## A) Before the Hajj Journey

1. Do you have your Passport with you?	
2. Is your Passport valid for 6 months or longer	
3. Does your passport contain the Saudi Hajj Visa?	
4. Do you have a notarised copy of your passport?	
5. Do you have your air ticket?	
6. Do you have a Vaccination certificate?	
7. Do you have your Bank Draft with you?	
8. Have you made your Last Will?	
9. Is your suitcases labelled with:	
i) Your Name?	
ii) Your Address?	
iii) Your Telephone Number?	
iv) Your email address (where applicable)?	
10. Do you have the contact details of the Accommodation in Makkah and Medina?	
11. Do you have sufficient travel funds	
12. Do you have 2 extra Passport size photos?	
13. Do you have your religious books?	
14. Do you have your money bag/belt?	
15. Do you have a Doctor's prescription for	

needed Medicine?	
<b>16.</b> Do you have a First-Aid Kit with the following items:	
<b>i)</b> Allergy Pills	
<b>ii)</b> Band Aids	
<b>iii)</b> Tablets for Constipation	
<b>iv)</b> Motion Sickness Tablets	
<b>v)</b> Pain killer/ <b>خافض للحرارة</b> such as Panadol?	
<b>vi)</b> Replacement Salt Sachets.	
<b>17.</b> Do you have your spare spectacles /or contact lenses?	
<b>18.</b> Do you have your sunglasses?	
<b>19.</b> Do you have warm clothing (jersey, jackets, etc.)?	

## **B) Miscellaneous**

<b>20.</b> Do you have a shoe bag for use in the <i>Haraam</i> ?	
<b>21.</b> Do you have a small scissor?	
<b>22.</b> Do you have a diary or an organiser?	
<b>23.</b> Do you have the appropriate Saudi Arabian electrical adaptor (two pin)?	
<b>24.</b> Do you have your identification tag/name badge with you? Do you wear it?	
<b>25.</b> Do you have a Sim-Free mobile telephone with you?	
<b>26.</b> Have you bought a Saudi Sim Card for	

your telephone?	
<b>27.</b> Have you given your telephone No. to your Group Leader?	
<b>28.</b> Do you have the Group Leader telephone No.?	
<b>29.</b> Do you have a sewing kit?	
<b>30.</b> Do you have a pair of comfortable shoes or sandals?	
<b>31.</b> Do you have non-deoderised soap?	
<b>32.</b> Do you have a small pebbles bag (for the Jamaraat)?	

### **C) *Ihram* Clothing for Women:**

<b>33.</b> Do you have Jilbab /long loose garment for Salat?	
<b>34.</b> Do you have a Scarf and Under-scarf?	
<b>35.</b> Do you have socks?	

### **D) *Ihraam* Clothing for Men:**

<b>36.</b> Do you have Ridhaa and Izhaar?	
<b>37.</b> Do you have a sandal that is open by the heels?	

### **E) During the 5 days of Hajj**

<b>38.</b> Do you have a blow-up Pillow?	
<b>39.</b> Do you have a sleeping bag or thin air-bed?	

<b>40. Do you have the following Toiletries:</b>	
<b>i) Towel</b>	
<b>ii) Toothbrush</b>	
<b>iii) Toothpaste</b>	
<b>iv) Sanitary Towels</b>	
<b>v) Toilet Rolls/tissues</b>	



Muzdalifah – This is where you need your sleeping bag



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