



Umrah Step by Step

دليل العمرة خطوة بخطوة

An illustrated companion to the DeenSuite 3D Hajj
& Umrah Guide

deensuite.com/en/hajj-umrah

Before you read

This book follows the DeenSuite 3D Guide. It summarises the nine steps of Umrah as shown on the page, with the same hints and common mistakes.

Duas are suggestions only. No particular dua is required in Tawaf, Sa'i or anywhere else. You may ask Allah for anything good, in any language. The Arabic duas here are optional wording you can read or leave.

The Quran is not copied here. Where a verse is linked to a step, only its reference is given (for example 2:201). Read the verse and its recitation in the DeenSuite Quran reader, where the text comes from verified data.

Pending scholarly review. The rulings and wording in this book have not yet been reviewed by a qualified scholar. If you are unsure about your situation, ask a scholar you trust.

Hajj is not covered. It is in preparation.

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The journey in short: Ihram & Niyyah → Entering Masjid al-Haram → Tawaf (7 circuits) → Two rak'ah at Maqam Ibrahim → Zamzam → Sa'i (Safa to Marwah, 7 trips) → Halq or Tqsir.

Before You Go

قبل أن تذهب



Ghusl (Full Body Purification)

Perform a full body bath, trim nails, and groom personal hygiene before donning Ihram.



Unstitched Sheets (Men) / Modest Clothing (Women)

Men put on 2 unstitched white towels (Izar & Rida). Women wear modest clothing leaving face & hands bare.



Two Nafil Rak'ahs of Ihram

Pray 2 Rak'ahs with head covered (Surah Al-Kafirun in 1st, Surah Al-Ikhlâs in 2nd) before declaring Niyyah.



Meeqat Boundary Crossing

Ensure you enter the state of Ihram before crossing your designated Meeqat boundary (or ~20 mins before landing if flying).



Niyyah & Talbiyah Pronouncement

Form sincere intention for Umrah and recite the Talbiyah aloud (men) or softly (women).

Ihram & Niyyah

١. الإحرام والنية

At the Miqat boundary, enter Ihram, perform Salah, and pronounce your Talbiyah intention.

SUGGESTED DUA OR DHIKR (OPTIONAL)

لَبَّيْكَ اللَّهُمَّ عُمْرَةً، لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ، لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ

Labbaik Allahumma 'Umrah. Labbaik Allahumma Labbaik, Labbaika Laa Shareeka Laka Labbaik...

Here I am, O Allah, for 'Umrah. Here I am at Your service, O Allah, here I am. You have no partner, here I am.

NIYYAH FOR UMRAH (INTENTION)

اللَّهُمَّ إِنِّي أُرِيدُ الْعُمْرَةَ فَيَسِّرْهَا لِي وَتَقَبَّلْهَا مِنِّي

Allahumma innee ureedul-'umrata fayassirhaa lee wa taqabbalhaa minnee.

O Allah, I intend to perform Umrah, so make it easy for me and accept it from me.

Key points



Ghusl & Grooming

Perform Ghusl (bath), trim nails, and groom personal hygiene prior to donning the Ihram sheets.



Ihram Attire (Men & Women)

Men wear 2 unstitched white towels (Izar & Rida). Footwear must leave top ankle bone bare. Women wear normal modest clothing without face veil (Niqab) or gloves.



Miqat via Flight

If flying, change into Ihram garments beforehand and pronounce your Niyyah & Talbiyah ~15–20 minutes before crossing the Miqat line (before landing in Jeddah).



2 Rak'ahs of Ihram

Pray 2 Rak'ahs Sunnah after donning Ihram (Surah Al-Kafirun in 1st Rakat, Surah Al-Ikhlās in 2nd) before declaring Niyyah.

Common mistakes

- Believing Ihram is just the clothes (Ihram is the sacred spiritual state and intention, not merely the white sheets).
- Missing or crossing the Meeqat boundary without having entered the state of Ihram.
- Entering Ihram or putting on garments without making the formal Niyyah (intention) and Talbiyah.
- Forgetting that Idtiba (bare shoulder) and Ramal (brisk walk) ONLY apply to a Tawaf followed by Sa'i — not during prayer or normal walking.

Entering Masjid al-Haram

٢. دخول المسجد الحرام

Enter the sacred sanctuary through Bab as-Salam with your right foot first, supplicating for divine mercy.

SUGGESTED DUA OR DHIKR (OPTIONAL)

بِسْمِ اللَّهِ، وَالصَّلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللَّهِ، اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Bismillahi, was-salatu was-salamu 'ala Rasulillah. Allahumma-ftah li abwaba rahmatik.

In the name of Allah, and peace and blessings be upon the Messenger of Allah. O Allah, open for me the doors of Your mercy.

DUA FOR EXITING THE MASJID

بِسْمِ اللَّهِ وَالصَّلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللَّهِ، اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

Bismillahi was-salatu was-salamu 'ala Rasulillah, Allahumma innee as'aluka min fadlik.

In the name of Allah, and peace and blessings be upon the Messenger of Allah. O Allah, I ask You of Your bounty.

Key points



First Sight of the Kaaba

Lower your gaze until in front of the Kaaba, then look up with awe. Supplications at first sight are accepted; raise your hands, recite Allahu Akbar, Durood, and make heartfelt du'a.



Bab as-Salam & Right Foot

Enter through Bab as-Salam if convenient, step forward with your right foot first with humility and awe.



Greeting of the Mosque is Tawaf

For an Umrah pilgrim, Tawaf serves as the greeting of Masjid al-Haram instead of Tahiyatul Masjid.



Intention of I'tikaf

Form the intention of I'tikaf for the entire duration you remain inside the sacred Haram boundaries.

Common mistakes

- Entering the Masjid with the left (wrong) foot instead of stepping in with the right foot and reciting the gate supplication.
- Believing there is a specific required gate to enter (any gate of the Haram is valid and permissible).
- Missing Tahiyat al-Masjid prayer when sitting down or waiting and not starting Tawaf immediately.

Tawaf – 7 Circuits

٣. طواف العمرة – ٧ أشواط

Circumambulate the Holy Kaaba 7 times counterclockwise, beginning at the Black Stone (Hajar al-Aswad) line.

SUGGESTED DUA OR DHIKR (OPTIONAL)

سُبْحَانَ اللَّهِ، وَالْحَمْدُ لِلَّهِ، وَلَا إِلَهَ إِلَّا اللَّهُ، وَاللَّهُ أَكْبَرُ

SubhanAllah, wal-hamdulillah, wa la ilaha illallah, wallahu Akbar.

Glory be to Allah, all praise is for Allah, there is no deity worthy of worship except Allah, Allah is Greatest.

 Quran reference: **2:201**. Read and listen to it in the DeenSuite Quran reader.

NIYYAH FOR TAWAF

اللَّهُمَّ إِنِّي أُرِيدُ طَوَافَ بَيْتِكَ الْحَرَامِ فَيَسِّرْهُ لِي وَتَقَبَّلْهُ مِنِّي

Allahumma innee ureedu tawafa baytikal-haraami fayassirhu lee wa taqabbalhu minnee.

O Allah, I intend to perform Tawaf around Your Sacred House, so make it easy for me and accept it from me.

ISTILAM TAKBEER (FACING THE BLACK STONE)

بِسْمِ اللَّهِ وَاللَّهُ أَكْبَرُ وَلِلَّهِ الْحَمْدُ

Bismillahi wallahu Akbar, wa lillahlil-hamd.

In the name of Allah, Allah is Greatest, and all praise is due to Allah.

 This supplication is a Quran verse (2:201). Read it from the DeenSuite Quran reader.

Key points



Idtiba (Bare Right Shoulder)

Men pass the upper Ihram sheet under their right armpit, draping it over the left shoulder to expose the right shoulder for all 7 circuits of Tawaf.



Ramal (Paced Walk in Rounds 1-3)

Men walk briskly with quick short steps in the first 3 circuits. Rounds 4–7 are walked normally. Women walk normally in all 7 circuits.



Encircle Outside Hateem (Hijr Ismail)

You must circumambulate outside the semi-circular Hateem wall. Walking inside the Hateem invalidates the circuit because it is part of the Kaaba.



Keep Kaaba on Left Side

The Kaaba must remain strictly on your left side as you walk. Facing the Kaaba while moving invalidates that part of your circumambulation.



Rukn al-Yamani & 8th Istilam

Touch Rukn Yamani with right hand if reachable without pushing (do not kiss or point if crowded). After completing circuit 7, perform an 8th Istilam, then cover both shoulders.

Common mistakes

- Starting Tawaf before reaching the Black Stone start line.
- Pushing, jostling, or trying to kiss the Black Stone by force (Istilam by pointing with the right hand from afar is the valid Sunnah).
- Pointing with both hands towards the Black Stone instead of raising the right hand only.
- Touching the perfumed cloth of the Kaaba (Kiswah) during Tawaf while in the state of Ihram.
- Continuing to bare the right shoulder (Idtiba) after Tawaf (both shoulders must be covered before prayer).

Maqam Ibrahim Prayer

٤. صلاة ركعتي الطواف خلف مقام إبراهيم

Recite Surah Al-Baqarah 2:125 and pray 2 Rakat behind the Station of Abraham facing the Kaaba.

 Quran reference: **2:125**. Read and listen to it in the DeenSuite Quran reader.

DU'A AT THE MULTAZAM

اللَّهُمَّ رَبَّ الْبَيْتِ الْعَتِيقِ أَعْتِقْ رِقَابَنَا وَرِقَابَ آبَائِنَا مِنَ النَّارِ

Allahumma Rabbal-baytil-'ateeqi a'tiq riqaabana wa riqaabaa aabaa'ina minan-naar.

O Allah, Lord of the Ancient House, liberate our necks and the necks of our fathers from the Fire.

Key points



Location & Ease

Pray 2 Rak'ahs behind Maqam Ibrahim. If the area is crowded, pray anywhere on the Mataf or throughout Masjid al-Haram.



Surahs to Recite

Recite Surah Al-Kafirun in the 1st Rak'ah and Surah Al-Ikhlâs in the 2nd Rak'ah after Surah Al-Fatihah, following the Sunnah.



Cover Right Shoulder

Ensure both shoulders are covered with your Rida before standing for Salah (end of Idtiba).



Avoid Makruh Times

If Tawaf finishes during Makruh times (exact sunrise, zenith, or sunset), wait until the time passes before praying the 2 Rak'ahs.

Common mistakes

- Insisting on praying directly behind Maqam Ibrahim during crowded times (praying anywhere in the Haram is valid and permissible).
- Praying in people's walking path or in front of circumambulating pilgrims.
- Leaving the right shoulder uncovered (Idtiba) during the 2 Rak'ahs of Salah.

Drinking Blessed Zamzam

هـ. شرب ماء زمزم المبارك

Drink Zamzam water facing the Kaaba, invoking Allah for beneficial knowledge, sustenance, and cure from illness.

SUGGESTED DUA OR DHIKR (OPTIONAL)

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا، وَرِزْقًا وَاسِعًا، وَشِفَاءً مِنْ كُلِّ دَاءٍ

Allahumma inni as'aluka 'ilman nafi'an, wa rizqan wasi'an, wa shifa'an min kulli daa'.

O Allah, I ask You for beneficial knowledge, abundant provision, and cure from every disease.

DUA OF IBN ABBAS (RA) FOR ZAMZAM

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا، وَرِزْقًا وَاسِعًا، وَشِفَاءً مِنْ كُلِّ دَاءٍ وَسَقَمٍ

Allahumma innee as'aluka 'ilman naafi'an, wa rizqan waasi'an, wa shifaa'an min kulli daa'in wa saqamin.

O Allah, I ask You for beneficial knowledge, vast sustenance, and cure from all diseases and illnesses.

Key points



Stand Facing Kaaba

Drink Zamzam while standing, facing the Holy Kaaba, holding the cup in your right hand and beginning with Bismillah.



Drink to Full Satisfaction (Tadallu')

Drink plentifully until satiated in 3 breaths. You may also wipe a small amount of blessed Zamzam over your head and face.



Zamzam is for Its Intention

The Prophet ﷺ stated: "The water of Zamzam is for whatever purpose it is drunk." (Ibn Majah 3062). Make fervent personal du'a.

Common mistakes

- Drinking in a single hasty gulp without pauses (the Sunnah is three mindful sips with Bismillah).
- Spilling or wasting blessed Zamzam water.
- Believing that Zamzam water has to be poured over the head.

Sa'i Between Safa & Marwah

٦. السعي بين الصفا والمروة

Walk 7 trips starting on Mount Safa and concluding at Mount Marwah in honor of Hajar (as).

SUGGESTED DUA OR DHIKR (OPTIONAL)

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

La ilaha illallahu wahdahu la shareeka lah, lahul-mulku wa lahul-hamdu wa huwa 'ala kulli shay'in qadeer.

There is no deity worthy of worship except Allah alone, without partner. To Him belongs the dominion and to Him belongs all praise, and He is over all things omnipotent.

 Quran reference: **2:158**. Read and listen to it in the DeenSuite Quran reader.

SUNNAH DUA ATOP SAFA & MARWAH

اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ يُحْيِي وَيُمِيتُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، أَنْجَزَ وَعْدَهُ، وَنَصَرَ عَبْدَهُ، وَهَزَمَ الْأَحْزَابَ وَحْدَهُ

Allahu Akbar (3x), La ilaha illallahu wahdahu la shareeka lah, lahul-mulku wa lahul-hamdu yuhyee wa yumeetu wa huwa 'ala kulli shay'in qadeer. Anjaza wa'dah, wa nasara 'abdah, wa hazamal-ahzaaba wahdah.

Allah is Greatest (3x). There is no deity worthy of worship except Allah alone, He has no partner. To Him belongs sovereignty and praise. He fulfilled His promise, granted victory to His servant, and defeated the factions alone.

DUA OF IBN UMAR & IBN MAS'UD (BETWEEN GREEN LIGHTS)

رَبِّ اغْفِرْ وَارْحَمْ، وَتَجَاوَزْ عَمَّا تَعْلَمُ، إِنَّكَ أَنْتَ الْأَعَزُّ الْأَكْرَمُ

Rabbighfir warham, wa tajaawaz 'amma ta'lam, innaka antal-A'azzul-Akram.

My Lord, forgive and have mercy, and overlook that which You know, for You are the Most Mighty, the Most Noble.

Key points



Safa to Marwah is 1 Lap

From Safa to Marwah is Trip 1; Marwah to Safa is Trip 2. The 7th trip finishes at Marwah (total distance ~3.15 km).



Green Light Area (Men Only)

Men jog lightly between the green fluorescent markers, commemorating Hajar's brisk search for water. Women maintain a normal walking pace.



Supplication Facing Kaaba

At Safa and Marwah, face the direction of the Kaaba, raise your hands in supplication (do not point), recite Takbeer and Tahleel 3 times, and make personal du'a between them.



Wudu Status for Sa'i

Wudu is Sunnah and highly recommended for Sa'i, but unlike Tawaf, Sa'i remains valid if performed without Wudu.

Common mistakes

- Starting Sa'i at Mount Marwah instead of Mount Safa (all Sa'i must strictly begin at Safa and conclude at Marwah).
- Running or jogging between the green lights for women (jogging is Sunnah for men only; women walk at a normal pace).
- Doing 14 trips instead of 7 (each one-way leg from Safa to Marwah or Marwah to Safa counts as one full trip).

Halq or Taqsir (Exit Ihram)

٧. الحلق أو التقصير والتحلل

Shave the head (Halq) or trim hair evenly (Taqsir) to exit Ihram and complete the rites of Umrah.

SUGGESTED DUA OR DHIKR (OPTIONAL)

اللَّهُمَّ اغْفِرْ لِلْمُحَلِّقِينَ، اللَّهُمَّ ارْحَمْ الْمُحَلِّقِينَ وَالْمُقَصِّرِينَ، اللَّهُمَّ تَقَبَّلْ مِنَّا

Allahumma-ghfir lil-muhalliqeen, Allahumma-rhamil-muhalliqeena wal-muqassireen, Allahumma taqabbal minna.

O Allah, forgive those who shave their heads. O Allah, have mercy on those who shave their heads and those who shorten their hair. O Allah, accept from us.

SUPPLICATION UPON COMPLETING HAIRCUT

الْحَمْدُ لِلَّهِ الَّذِي قَضَىٰ عَنَّا نُسُكَنَا، اللَّهُمَّ زِدْنَا إِيمَانًا وَيَقِينًا وَتَوْفِيقًا وَعَوْنًا

Alhamdulillahil-ladhee qadaa 'anna nusukanaa, Allahumma zidnaa eemaan wa yaqeenan wa tawfeeqan wa 'awna.

All praise is due to Allah who fulfilled our pilgrimage rites for us. O Allah, increase us in faith, certainty, divine guidance, and assistance.

Key points



Halq vs. Taqsir for Men

Halq (complete head shave) is superior: the Prophet ﷺ prayed for those who shave thrice and those who trim once. Taqsir requires trimming 1 inch evenly all over the head.



Rules for Women

Women NEVER shave their head. They gather their hair and cut approximately 1 inch (a fingertip length) from the bottom in privacy.



Within Haram Boundary

Halq or Taqsir must be performed within the sacred boundaries of the Haram before removing Ihram garments.



Ihram Concluded (Tahallul)

After cutting the hair, all Ihram prohibitions are lifted. You may shower, apply perfume, wear regular clothes, and celebrate the completion of Umrah!

Common mistakes

- Cutting a few hairs from one spot only (for men, hair should be trimmed evenly across all sides or fully shaved).
- Women letting a non-mahram cut their hair in public (women should trim their hair in private or have a Mahram cut it).
- Cutting or shaving hair before completing all 7 trips of Sa'i.

3D Landmark Exploration

٨. استكشاف معالم الحرم ثلاثية الأبعاد

Explore sacred architectural landmarks: The Holy Kaaba, Hjr Ismail (Hatim), Maqam Ibrahim, Zamzam, Safa and Marwah.

 Quran reference: **17:1**. Read and listen to it in the DeenSuite Quran reader.

Key points



Hjr Ismail (Hateem)

The semi-circular area is part of the original Kaaba foundation. Praying 2 Rak'ahs inside carries the reward of praying inside the Kaaba.



Maqam Ibrahim Stone

The blessed station where Prophet Ibrahim (as) stood while elevating the Kaaba walls, bearing his historic footprint impressions.



The Multazam Wall

The area between the Black Stone and the Kaaba door (~2 meters). A renowned place for accepted supplications where pilgrims cling in humility.



Reward of Prayers in Haram

One prayer in Masjid al-Haram is equal to 100,000 prayers elsewhere (Ahmad 14694). Seize every opportunity for voluntary prayer.

Common mistakes

- Pushing, shoving, or causing harm to fellow pilgrims in an attempt to touch landmarks.
- Taking stones, soil, or fittings from the sacred sanctuary.

Completion Du'a & Reflection

٩. تمام النسك ودعاء الختام

Alhamdulillah! Conclude your journey with the Quranic supplication of Prophet Ibrahim and Ismail (as).

 Quran reference: **2:127**. Read and listen to it in the DeenSuite Quran reader.

COMPREHENSIVE FORGIVENESS SUPPLICATION

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ، اللَّهُمَّ تَقَبَّلْ مِنَّا إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ

*Allahumma innee as'alukal-'afwa wal-'aafiyata fid-dunya wal-aakhirah,
Allahumma taqabbal minna innaka Antas-Samee'ul-'Aleem.*

O Allah, I ask You for pardon and well-being in this world and the Hereafter. O Allah, accept from us, indeed You are the All-Hearing, the All-Knowing.

Key points



Sign of Accepted Umrah (Maqbool)

The prime sign of an accepted pilgrimage is returning home with renewed faith, sincere humility, and perseverance in doing good.



Visit to Madinah & Nabawi Mosque

Visiting the Prophet's Mosque in Madinah is highly recommended. 1 prayer in Masjid an-Nabawi equals 1,000 prayers elsewhere.



Masjid Quba (Reward of Umrah)

Purifying oneself at home/hotel and praying 2 Rak'ahs in Masjid Quba grants the spiritual reward of a complete Umrah (Ibn Majah 1412).



Rawdah ash-Sharifah

The area between the Prophet's pulpit and noble chamber is one of the Gardens of Paradise. Book your slot via Nusuk app.

Common mistakes

- Leaving with feelings of pride or complacency instead of humble hope for acceptance.
- Returning to sinful habits after returning home rather than maintaining renewed piety.

Notes for Women

ملاحظات للنساء

The 3D guide shows a male pilgrim only. These points apply specifically to women:

- A woman may not enter the Masjid or perform Tawaf during her period; Sa'i is valid for her in that state.
- Idtiba (baring the right shoulder) and Raml (brisk walking) are not for women.
- If the Mataf is very crowded, avoid pressing near the Kaaba; use the upper floors if needed.
- Touching the Black Stone or Multazim is Sunnah, but pushing against or touching non-mahram men is not allowed.
- Taqsir: gather the hair and trim a fingertip-joint length (about 1 inch) or more from the ends; women do not shave.

Pending scholarly review. Ask a scholar about your own situation.



Made with care for pilgrims.
May Allah accept your Umrah.

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