



Hajj & Umrah Supplications

a gift from
**Maryland Institute
of Development**

www.marylandinstitute.org

Maryland Institute of Development (MID)

MID is a nonprofit religious organization that promotes traditional **Islamic learning** for **adults and children** through **online, part-time, & in-person** programs.

For **decades**, MID has been dedicated to nurturing the next generation of **Huffadh and Ulama**, offering programs that **strengthen our deen** and **uplift our community**.

This is an abridged compilation of sunnah and recommended supplications during Umrah & Hajj.

It also offers practical and logistical suggestions on specific rituals (arkaan) to ensure a smooth and accepted journey, aligned as closely as possible to the Sunnah of the Messenger ﷺ.

*This compilation is **not** comprehensive; rather, it is intended solely as a quick reference guide.*

Despite brevity in some sections, specific arkaan are emphasized to ensure each stage of Hajj and Umrah receives its due attention.



GOLDEN RULES TO ABIDE BY

1. **Avoid negative influences** and unproductive company.
2. **Surround yourself** with **positive**, optimistic individuals.
3. In the event of any incident or disagreement, **notify your assigned guide** immediately instead of getting involved.
4. Do not rely on inexperienced Hujjaj; follow your designated, **knowledgeable, and experienced** guide to ensure all rituals are performed correctly.
5. **Refrain from idle** or unnecessary conversation.

Contents

1. Intention for Umrah
2. Talbiyah
3. Entering Ihram
4. Entering Makkah
5. Entering the Haram
6. Tawaaf
7. Sa'ee
8. Intentions for Hajj
9. Days of Hajj
10. Pelting (Rami)
11. Days of Tashreeq
12. Tawaaful Wida
13. Expiations



Intention for Umrah

اَللّٰهُمَّ اِنِّيْ اُرِيْدُ الْعُمْرَةَ فَيَسِّرْهَا لِيْ وَتَقَبَّلْهَا مِنِّيْ

Allāhumma innī urīdu al-‘umrata fa-yassirhā lī
wa taqabbalhā minnī

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

Talbiyah

لَبَّيْكَ اَللّٰهُمَّ لَبَّيْكَ – لَبَّيْكَ لَا شَرِيْكَ لَكَ لَبَّيْكَ –
اِنَّ الْحَمْدَ وَالنُّعْمَةَ لَكَ وَالْمُلْكُ – لَا شَرِيْكَ لَكَ

(متفق عليه)

Labbayka Allāhumma labbayk, labbayka lā
sharīka laka labbayk. Inna al-ḥamda wa al-
ni‘mata laka wa al-mulk, lā sharīka lak.

“Here I am at Your service, O Allah, here I am.
Here I am, You have no partner, here I am.
Indeed, all praise, blessings, and sovereignty
belong to You. You have no partner.”

Entering Ihram

1. Perform Ghusl (ritual bath)
2. Wear the clothing of Ihram
3. Apply perfume (*sunnah*)
4. Pray 2 raka'ahs (*sunnah*)

Recommended recitation:

1st Rak'ah: Surah Kafirun

2nd Rak'ah: Surah Ikhlaas

5. Make the intention of Umrah
6. Recite the Talbiyah

Men: Raised voice

Women: Soft voice

- *One cannot enter the state of Ihram without the praise of Allah ﷻ*
- *Continue reciting the Talbiyah throughout your Umrah*

7. Observe the rules of Ihram

- no scented soap/shampoo
- face & head remain uncovered
- no cutting or trimming of hair/nails (*and more*)

Entering Makkah

اَللّٰهُمَّ هَذَا حَرَمُكَ وَاَمْنُكَ
فَحَرِّمْنِيْ عَلٰى النَّارِ
وَاَمِّنِّيْ مِنْ عَذَابِكَ يَوْمَ
تَبْعَثُ عِبَادَكَ
وَاجْعَلْنِيْ مِنْ اَوْلِيَّائِكَ
وَاَهْلِ طَاعَتِكَ

(رواه البهقي في شعب الإيمان)

Allāhumma hādhā haramuka wa
amnuk,

fa-harrimnī ‘alā al-nār.

Wa amminnī min ‘adhābika yawma
tab‘athu ‘ibādak.

Wa-j‘alnī min awliyā’ika wa ahli tā‘atik.

“O Allah, this is Your sacred sanctuary
and Your place of safety, so make me
forbidden from the Fire. Grant me
safety from Your punishment on the
Day You resurrect Your servants.
And make me among Your close ones
and the people of Your obedience.”

*Observe the sanctity
of Makkah.*

Be mindful of your
words and actions.

Entering the Haram

بِسْمِ اللَّهِ.

اَللّٰهُمَّ صَلِّ عَلَى مُحَمَّدٍ .

اَللّٰهُمَّ اغْفِرْ لِيْ وَافْتَحْ لِيْ

اَبْوَابَ رَحْمَتِكَ.

(رواه مسلم)

اَعُوْذُ بِاللّٰهِ الْعَظِيْمِ.

وَبِوَجْهِهِ الْكَرِيْمِ.

وَسُلْطَانِهِ الْقَدِيْمِ.

مِنَ الشَّيْطَانِ الرَّجِيْمِ.

(رواه أبو داود)

**Bismi Allāh. Allāhumma salli ‘alā
Muhammad. Allāhumma ighfir lī
waftah lī abwāba rahmatik.**

“In the name of Allah.

O Allah, send blessings upon
Muhammad ﷺ.

O Allah, forgive me and open for me
the doors of Your Mercy.”

**A’ūdhu bi-llāhi al-‘azīm,
wa bi-wajhihi al-karīm,
wa sultānihi al-qadīm,
mina al-shaytāni al-rajīm.**

“I seek refuge in Allah, the
Magnificent, and in His Noble Face,
and in His Eternal Authority,
from the accursed Shaytan.”

Seeing the Ka'ba

اللَّهُ أَكْبَرُ.

اللَّهُ أَكْبَرُ.

اللَّهُ أَكْبَرُ.

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ
لَهُ. لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ

وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

(رواه النسائي)

Allāhu akbar. (x3)

“Allah is the Greatest.” (x3)

Lā ilāha illā Allāhu waḥdahu lā sharīka lah. Lahu al-mulku wa lahu al-hamd, wa huwa ‘alā kulli shay’in qadīr.

“There is no god except Allah alone, without partner.

To Him belongs all sovereignty and all praise, and He has power over all things.”

The praise and supplication are to indicate that our worship is directed to Allah ﷻ alone, and not the Ka’ba.

One should make dua once seeing the Ka’ba for the first time, as this is a time of acceptance.

(رواه البهقي في سنن الكبرى)

Intention for Tawaaf

اَللّٰهُمَّ اِنِّىْ اُرِيْدُ طَوَافَ بَيْتِكَ
الْحَرَامِ سَبْعَةَ اَشْوَاطٍ فَيَسِّرْهُ
لِيْ وَتَقَبَّلْهُ مِنِّىْ.

بِسْمِ اللّٰهِ، وَاللّٰهُ اَكْبَرُ، اَللّٰهُمَّ
اِيْمَانًا بِكَ، وَتَصَدِيقًا بِكِتَابِكَ،
وَوَفَاءً بِعَهْدِكَ،

وَاتِّبَاعًا لِّسُنَّةِ نَبِيِّكَ سَيِّدِنَا
مُحَمَّدٍ صَلَّى اللّٰهُ عَلَيْهِ وَسَلَّمَ

Allāhumma innī urīdu tawāfa baytika
al-harāmi sab‘ata ashwātin fa-yassirhu
lī wa taqabbalhu minnī.

“O Allah, I intend to perform ṭawāf of
Your Sacred House, 7 circuits, so make
it easy for me and accept it from me.”

Bismi Allāh, wa Allāhu akbar.
Allāhumma īmānan bika, wa tasdīqan
bi-kitābik, wa wafā’an bi-‘ahdik,
wa ittibā’an li-sunnati nabiyyika
sayyidinā Muhammadin sallā Allāhu
‘alayhi wa sallam

“In the name of Allah, and Allah is the
Greatest. O Allah, with faith in You,
and affirmation of Your Book, and
fulfillment of Your covenant, and
following the way of Your Prophet, our
leader Muhammad ﷺ.”

Beginning Tawaaf

Proceed to the Hajar alAswad (Black Stone) indicated by the green light.

Raise the hands (like for Takbeer) with palms facing it.

Say the following:

بِسْمِ اللَّهِ، وَاللَّهُ أَكْبَرُ

(رواه الترمذي)

Bismi Allāh, wa Allāhu akbar,

“In the name of Allah,
and Allah is the Greatest.”

Then kiss your hands.

Notes on Tawaaf

Istiqbal: Facing the Ka’bah/Black Stone

Istilaam: Making salaam to the Hajr alAswad from afar. The act of raising the palms and reciting the dua

- This is to be done at the beginning of each round and at the end of the final round (*total 8 times*).

the following are only for (1)men and (2)Tawaaf with Sa’ee after

Idhtiba’: Exposing the right shoulder for the entire duration of the Tawaaf

Raml: Maintaining a brisk, purposeful stride with an upright posture in the first three rounds

- Sunnah of the Prophet ﷺ as a display of strength

Modesty Note: *It is recommended for women to wear a backpack as it provides a protective barrier and helps to prevent physical contact in crowded areas.*

Compared to a standard slipper bag, this reduces the risk of being touched by others or pushed up against during the rituals.

Maintain respect—do not turn your back to the Ka’bah

Avoid phones—no photos or videos

Avoid all pushing or crowding

Supplication

In each round, between the Yemeni Corner and Black Stone, one should recite the following:

رَبَّنَا آتِنَا فِي

الدُّنْيَا حَسَنَةً

وَفِي الْآخِرَةِ حَسَنَةً

وَقِنَا عَذَابَ النَّارِ

(رواه أبو داود)

**Rabbanā ātinā fī al-dunyā hasanatan,
wa fī al-ākhirati hasanatan,
wa qinā ‘adhāba al-nār.**

“Our Lord, grant us the good things in this world, and the good things in the next life, and save us from the punishment of the Fire.”

It is sunnah to recite this supplication between the Rukn alYamani and the Hajar alAswad.

It is an all-encompassing supplication, and includes all good aspects of this life (well-being, spacious dwelling, pleasing spouses, sufficient provision, beneficial knowledge, good deeds, etc).

It also seeks the good in the Hereafter (entry into Paradise and freedom from the fire, as well as good deeds which would aid in achieving this).

Recommended Supplications in Tawaaf

While there is no fixed or prescribed supplication for Tawaaf, the following have been selected because they are:

- *Prophetic Duas* - Words taught or prescribed by the Prophets (AS), carrying guidance and devotion
- *Qur'anic Duas* - These duas are mentioned in the Qur'an
- *Comprehensive in Scope* - Covering both worldly needs and aspirations for the Hereafter



Reciting a different du'a for each round helps to **keep track of all seven circuits**, maintaining focus and mindfulness throughout the entire Tawaaf.

These du'as are simple, easy to remember, and assigning a **Prophetic du'a to each round** further aids in recalling which circuit one is currently performing, preventing distraction or confusion.

Pilgrims are also **encouraged to include any personal supplications** they know, making the worship more intimate, heartfelt, and comprehensive.



Round 1

*Recommended Supplication
(of Adam AS):*

رَبَّنَا ظَلَمْنَا أَنْفُسَنَا
وَإِنْ لَمْ تَغْفِرْ لَنَا
وَتَرْحَمْنَا
لَنَكُونَنَّ مِنَ
الْخَاسِرِينَ

(Quran 7:23)

Rabbanā zhalamnā anfusanā,
wa in lam tagfir lanā wa tarhamnā,
lanakūnanna mina al-khāsirīn.

“Our Lord! We wronged our souls, and If
You do not forgive us and have not
mercy on us, surely we are of the losers.”

*One should reflect on their previous
sins and shortcomings, and express
sorrow in this moment. We remind
ourselves that there is no success
without the mercy of Allah ﷻ, and to
him we are turning to for forgiveness.*

Round 2

*Recommended Supplication
(of Nuh AS):*

رَبِّ اغْفِرْ لِي وَلِوَالِدَيَّ

وَلِمَنْ دَخَلَ بَيْتِي

مُؤْمِنًا وَلِلْمُؤْمِنِينَ

وَالْمُؤْمِنَاتِ وَلَا تَزِدِ

الظَّالِمِينَ إِلَّا تَبَارًا

(Quran 71:28)

Rabbi ighfir lī wa li-wālidayya wa li-
man dakhala baytiya mu'minan,
wa lil-mu'minīna wa al-mu'mināt,
wa lā tazidi al-zhālimīna illā tabārā

“My Lord! Forgive me and my parents
and those who enter my house as a
believer and the believing men and the
believing women. Do not increase the
wrong-doers in anything but
destruction!”

*Nuh AS spent 950 years calling people to
Allah ﷻ, yet still submits to Allah ﷻ out
of humility, seeking His forgiveness.*

*This also shows the etiquette of making
dua, where we first seek forgiveness, then
make dua for ourselves, and then others.*

Round 3

Recommended Supplications
(of Ibrahim AS):

رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ
ذُرِّيَّتِي رَبَّنَا وَتَقَبَّلْ دُعَاءِ.

(Quran 14:40)

رَبِّ هَبْ لِي حُكْمًا وَأَلْحِقْنِي
بِالصَّالِحِينَ وَاجْعَلْ لِي لِسَانَ
صِدْقٍ فِي الْآخِرِينَ وَاجْعَلْنِي مِنْ
وَرَثَةِ جَنَّةِ النَّعِيمِ.

(Quran 26:83-85)

رَبَّنَا تَقَبَّلْ مِنَّا
إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ.

(Quran 2:127)

**Rabbi ij'alnī muqīma al-salāti wa min dhurriyyatī,
rabbanā wa taqabbal du'ā'**

“My Lord! Make me an establisher (of) the prayer
and from my offsprings. Our Lord! and accept my
prayer.”

**Rabbi hab lī hukman wa alhiqnī bi al-sālihīn,
wa-j'al lī lisāna sidqin fī al-ākhirīn,
wa-j'alnī min warathati jannati al-na'īm**

“My Lord! Grant me wisdom and join me with
the righteous. And grant me an honourable
mention among the later generations. And make
me one of the inheritors of the Garden of
Delight.”

**Rabbanā taqabbal minnā,
innaka anta al-samī'u al-'alīm**

“Our Lord, accept [this] from us. Indeed, You are
the Hearing, the Knowing.”

*If one recalls other supplications of Ibrahim AS,
they should also include them in this round.*

Round 4

*Recommended Supplication
(of Sulaiman AS):*

رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ
نِعْمَتَكَ الَّتِي أَنْعَمْتَ عَلَيَّ
وَعَلَى وَالِدَيَّ وَأَنْ أَعْمَلَ
صَالِحًا تَرْضَاهُ وَأَدْخِلْنِي
بِرَحْمَتِكَ فِي عِبَادِكَ
الصَّالِحِينَ

(Quran 27:19)

Rabbi awzi'nī an ashkura ni'mataka
allatī an'amta 'alayya wa 'alā
wālidayya,
wa an a'mala sālihan tardhāhu,
wa adkhilnī bi-rahmatika fī 'ibādika al-
sālisīn

“My Lord, enable me to be grateful for
Your favor which You have bestowed
upon me and upon my parents and to
do righteousness of which You approve.
And admit me by Your mercy into [the
ranks of] Your righteous servants.”

*Despite being given a kingdom like no
other, Sulaiman AS demonstrates that
gratitude for all blessings is always for
Allah ﷻ.*

*Focus your mind on the innumerable
blessings bestowed upon us, and sincerely
thank Allah ﷻ for his favors.*

Round 5

*Recommended Supplication
(of Musa AS):*

رَبِّ اِنِّي لِمَا
اَنْزَلْتَ اِلَيَّ مِنْ
خَيْرٍ فَقِيرٌ

(Quran 28:24)

**Rabbi innī limā anzalta ilayya min
khayrin faqīr**

“My Lord, indeed I am, for whatever
good You would send down to me, in
need.”

*Being forced from his home, Musa AS
calls out to Allah ﷻ, showing that even
in complete hopelessness and desperation,
the return is to Allah ﷻ, and only he ﷻ
can remove our difficulties and transform
our trajectories.*

Round 6

*Recommended Supplication
(of Isa AS):*

إِنْ تُعَذِّبُهُمْ
فَإِنَّهُمْ عِبَادُكَ
وَإِنْ تَغْفِرْ لَهُمْ
فَإِنَّكَ أَنْتَ
الْعَزِيزُ الْحَكِيمُ

(Quran 5:118)

In tu‘adhdhibhum fa innahum ‘ibāduk,
wa in taghfir lahum fa innaka anta al-
‘azīzu al-hakīm

“If You punish them, they are Your
slaves after all, but if You forgive them,
You are the Mighty, the Wise.”

'A'isha RA said:

*"Allah's Messenger ﷺ spent one whole
night reciting [this] verse from the Qur'an."*

*The Being that possesses great power, if He
wills, He may forgive the criminal. The One
that is all Wise, there is Wisdom and benefit
in every act of His. The reason for him ﷺ
reciting this aayah while standing and also
in the ruku and sajdah, and repeating it
many times, is to bring to mind the two
attributes of Allah, namely the attributes of
justice and forgiveness.*

Ash-Shama'il Al-Muhammadiyah

Round 7

Recommended Supplication
(of Muhammad ﷺ):

رَبِّ اغْفِرْ

وَاَرْحَمْ

وَأَنْتَ

خَيْرُ الرَّاحِمِينَ

(Quran 23:118)

Rabbi ighfir wa arham,
wa anta khayru al-rāhimīn
“My Lord, forgive and have mercy, and
You are the best of the merciful.”

*This supplication invokes forgiveness
and limitless mercy, reminding us of
Allah’s ﷻ unmatched compassion.*

*As we complete the final round, it
becomes a source of hope and
spiritual reassurance that Allah ﷻ
forgives us, has mercy upon us, and
accepts our deeds.*

Finishing Tawaaf

Finish with Istilaam

- *men > cover the shoulder now*

When Drinking Zamzam:

اللَّهُمَّ إِنِّي أَسْأَلُكَ
عِلْمًا نَافِعًا
وَرِزْقًا وَاسِعًا
وَشِفَاءً مِنْ كُلِّ دَاءٍ

(عن ابن عباس[ؓ])

**“And take the Maqam Ibrahim as a
place of salah”**

Pray Two Raka’ahs (Wajib)

It is not necessary to pray directly behind the
Maqam Ibrahim; these can be prayed
anywhere in the masjid.

- Sunnah to recite Surah Kafirun & Ikhlāas -

**Allāhumma innī as’aluka ‘ilman nāfi’an,
wa rizqan wāsi’an,
wa shifā’an min kulli dā’.**

**“O Allah, I ask You for beneficial
knowledge, goodly provision, and
healing from every disease.”**

*Take a break, drink Zamzam, and
make dua before proceeding for Sa’ee*

Sa'ee

Standing at Safa & Marwa

إِنَّ الصَّافَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ.

أَبْدَأُ بِمَا بَدَأَ اللَّهُ بِهِ.

اللَّهُ أَكْبَرُ. اللَّهُ أَكْبَرُ. اللَّهُ أَكْبَرُ.

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ،

لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ

وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ.

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ أَنْجَزَ وَعْدَهُ،

وَنَصَرَ عَبْدَهُ وَهَزَمَ الْأَحْزَابَ وَحْدَهُ

(رواه مسلم)

Inna al-safā wa al-marwata min sha‘ā’iri Allāh.

Abda’u bimā bada’a Allāhu bih.

Allāhu akbar, Allāhu akbar, Allāhu akbar.

Lā ilāha illā Allāhu wahdahu lā sharīka lah,
lahu al-mulku wa lahu al-hamd, wa huwa ‘alā
kulli shay’in qadīr.

Lā ilāha illā Allāhu wahdah, anjaza wa’dah,
wa nasara ‘abdah, wa hazama al-ahzāba
wahdah.

“Surely, Safa and Marwah are among
the signs of Allah.

I begin with what Allah began with.

Allah is the greatest.

None has the right to be worshipped
except Allah, alone, without partner. To
Him belongs all sovereignty and praise,
and He is over all things omnipotent.

None has the right to be worshipped
except Allah. He fulfilled His promise,
aided His Servant and single-handedly
defeated the enemy.”

Supplications in Sa'ee

*Between Meelayn Akhdarayn:
(the green lights)*

رَبِّ اغْفِرْ وَارْحَمْ وَتَجَاوَزْ عَمَّا تَعْلَمُ
إِنَّكَ تَعْلَمُ مَا لَا أَعْلَمُ
إِنَّكَ أَنْتَ اللَّهُ الْأَعَزُّ الْأَكْرَمُ

Recommended Supplications:

1. *Safa* → *Marwa*: Acceptance
2. *Marwa* → *Safa*: Parents
3. *Safa* → *Marwa*: Self
4. *Marwa* → *Safa*: Children & Spouse
5. *Safa* → *Marwa*: Beneficial Knowledge
6. *Marwa* → *Safa*: Unrestricted & Halal Sustenance
7. *Safa* → *Marwa*: The Ummah at large; all Muslims (past, present, & future)

Rabbi ighfir wa arham wa tajāwaz
'ammā ta'lam, innaka ta'lamu mā lā
a'lam. Innaka anta Allāhu al-A'azzu al
Akram

“O our Lord, forgive, have mercy, and
pardon what You know.
You know what I don't know.
Indeed, You are Allah, the most
Glorious, the most Generous.”

Notes for Sa'ee

- Make dua facing the Ka'ba at each point
 - Send salutations upon the Prophet ﷺ
- Men should sprint under the green lights (*the stretch where Hajra AS ran for water*)
 - **Women are not to run**, but will walk as usual
- No pushing, shoving, or other harmful conduct
- Afterwards, one *may* pray two raka'ahs expressing gratitude and hoping for acceptance.

Intention for Hajj

Hajj Tamattu' & Iqrad:

اَللّٰهُمَّ اِنِّيْ اُرِيْدُ الْحَجَّ فَيَسِّرْهُ
لِيْ وَتَقَبَّلْهُ مِنِّيْ

Hajj Qiran:

اَللّٰهُمَّ اِنِّيْ اُرِيْدُ الْعُمْرَةَ وَ الْحَجَّ
فَيَسِّرْهُمَا لِيْ وَتَقَبَّلْهُمَا مِنِّيْ

Talbiyah:

لَبَّيْكَ اَللّٰهُمَّ لَبَّيْكَ - لَبَّيْكَ لَا شَرِيْكَ لَكَ لَبَّيْكَ -
اِنْ الْحَمْدَ وَالتَّعْمَةَ لَكَ وَالْمُلْكَ - لَا شَرِيْكَ لَكَ
(متفق عليه)

Allāhumma innī urīdu al-hajja fa-
yassirhu lī wa taqabbalhu minnī.

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

Allāhumma innī urīdu al-‘umrata wa al
hajja fa-yassirhumā lī wa
taqabbalhumā minnī.

“O Allah, I intend to perform Umrah
and Hajj, so make them easy for me
and accept them from me.”

*Reminder: It is sunnah to offer two
raka'ahs before making the intention.
Once the intention is made, recite and
continue reciting the Talbiyah.*

Days of Hajj

8th of Dhul Hijjah - Yawm al Tarwiyah

9th of Dhul Hijjah - Yawm al Arafat

10th of Dhul Hijjah - Yawm al Nahr (Eid ul Adha)

11th of Dhul Hijjah - Yawm al Qarr *

12th of Dhul Hijjah - Yawm al Nafr I *

13th of Dhul Hijjah - Yawm al Nafr 2 *

* Days of Tashreeq

Yawm al Tarwiyah

- Hujjaj proceed to Mina
- Sunnah: Prophet ﷺ prayed Fajr in Makkah on the 8th and then left for Mina
 - Due to logistical reasons, groups may begin moving toward Mina after Isha on the 7th of Dhul Hijjah
- Recommendations for **Mina**:
 - Join congregational prayers in the tents
 - Attend lectures and reminders
 - Recite the Qur'an abundantly
- Recall the Golden Rules!

Yawm al ‘Arafah

Hadith: “The best du’a is the du’a on the day of Arafah.” (*Tirmidhi*)

Hujjaj proceed to ‘Arafah after Fajr and remain until sunset.

- *Arrival and departure times may vary depending on bus schedules*

Recommended schedule in Arafah:

- Freshen up, hydrate, and eat a light snack
- Recite Qur’an & send Salutations
- Join the congregational prayers in your tent
- Attend lectures and reminders
- Participate in the collective du’a
- Due to the **high risk of sunstroke**, it is recommended to supplicate in the tent until **one hour before sunset**
 - Supplicate sitting and standing
 - Include yourself, family, and the ummah at large in your du’as
- Freshen up, hydrate, and eat a light snack before departure to Muzdalifa
 - **Do not pray Maghrib in Arafah!**

Muzdalifa

Wuqoof in Muzdalifa:

- Combine Maghrib & Isha with the congregation
- Collect pebbles
 - Similarly sized to a chickpea
 - 49 needed, 70 suggested
- Sleep until just before Fajr
- Pray Fajr with the congregation
- Engage in Dhikr and Du'a until sunrise
 - *Sunnah: Remain in Muzdalifa until sunrise (Muslim)*

Yawm al Nahr

Rami (Pelting):

اللَّهُ أَكْبَرُ.

اَللّٰهُمَّ اجْعَلْهُ حَجًّا مَبْرُوْرًا

وَذَنْبًا مَغْفُوْرًا

وَعَمَلًا مَشْكُوْرًا

Allāhu akbar.

Allahumm aj 'alhu hajjan mabrooran wa dhanban
maghfooran wa 'amalan mashkooaraa

“O Allah, make this a blessed Hajj, with sins
forgiven and effort that is accepted.”

Method of Pelting:

- Position in a manner where the Jamarat is to the right. *However, pelting is accepted from both sides of the Jamarat.*
- Hold the pebble between the thumb and index, recite the Takbir, and throw the pebbles one at a time.

On this day, pelting will be only at Jamrat ul 'Aqaba (Big), with no prescribed supplication after completion.

Adhere to the following sequence:

1. Pelting
2. Nahr (slaughter)

Reach out to your Hady provider to ensure the slaughter has been completed before proceeding to the next step.

3. Halq/Qasr & exiting clothing of Ihram

- all prohibitions of Ihram are lifted except relations

4. Tawaaf al Ziyarah (Ifaadha) & Sa'ee

- remaining prohibition of Ihram is lifted

Days of Tashreeq

11th, 12th, & 13th of Dhul Hijjah

- While in Mina:
 - Join congregational prayers in the tents
 - Attend lectures and reminders
 - Recite the Qur'an abundantly
 - Continue remembering Allah ﷻ and making dua
 - Seek forgiveness
 - Do not engage in idle talk or waste time otherwise
- Pelting after Zawaal
 - For safety, follow the group leader's guidance
 - Pelting can be performed until the Fajr of the next day
- All three Jamaraat (7 pebbles each)
- Make dua, after the first and second Jamrat

** shift to the end of each Jamrat to avoid the crowds*

13th of Dhul Hijjah

- Optional day of pelting

Tawaaf ul Sadr (Wida) | Farewall

- Once all the actions of Hajj are completed, one should perform Tawaaf ul Sadr
- There is no Sa'ee after this Tawaaf
- Women in their monthly cycles are exempt

This does not have to be the very last thing before departing Makkah. Be mindful of group itineraries and timelines.

Expiation

- Legislated by Allah ﷻ and the Prophet ﷺ to **preserve the reward** of one's efforts (travel, expense, and exertion).
- A means through which **mistakes and shortcomings are forgiven**, ensuring the Hajj remains accepted.
- This is **not a penalty** or admission of guilt, but an **act of mercy**.
- **Ensure expiation** for any violations of Ihrām is fulfilled.
- **Recommended to give extra Sadaqah** within the Haram for unintentional violations.

A Publication of the
Maryland Institute of Development



The Maryland Institute of Development (MID) is a 501(c)(3) non-profit established to promote traditional Islamic learning and offer services to the community.

Educational Programs and Services

- Advanced Islamic Studies (**Alim** Program) part-time & online available
- Islamic Essentials (2 Years/**Sanatain**) part-time & online available
- Quran Academy (**Hifdh**) Program
- Family and Marriage **Counseling**
- Spiritual Growth (**Tazkiyah**)
- **Women & Family** Programs
- **Zakaat** Distribution
- **Hajj** Services with *Al Bait Guests*

www.marylandinstitute.org

admin@marylandinstitute.org