Ihram Awareness Guide

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مركـــز توعية ضيـــوف الرحمن
Pilgrims Awareness Center

وزارة الحج والعمرة
MINISTRY OF HAJJ & UMRAH

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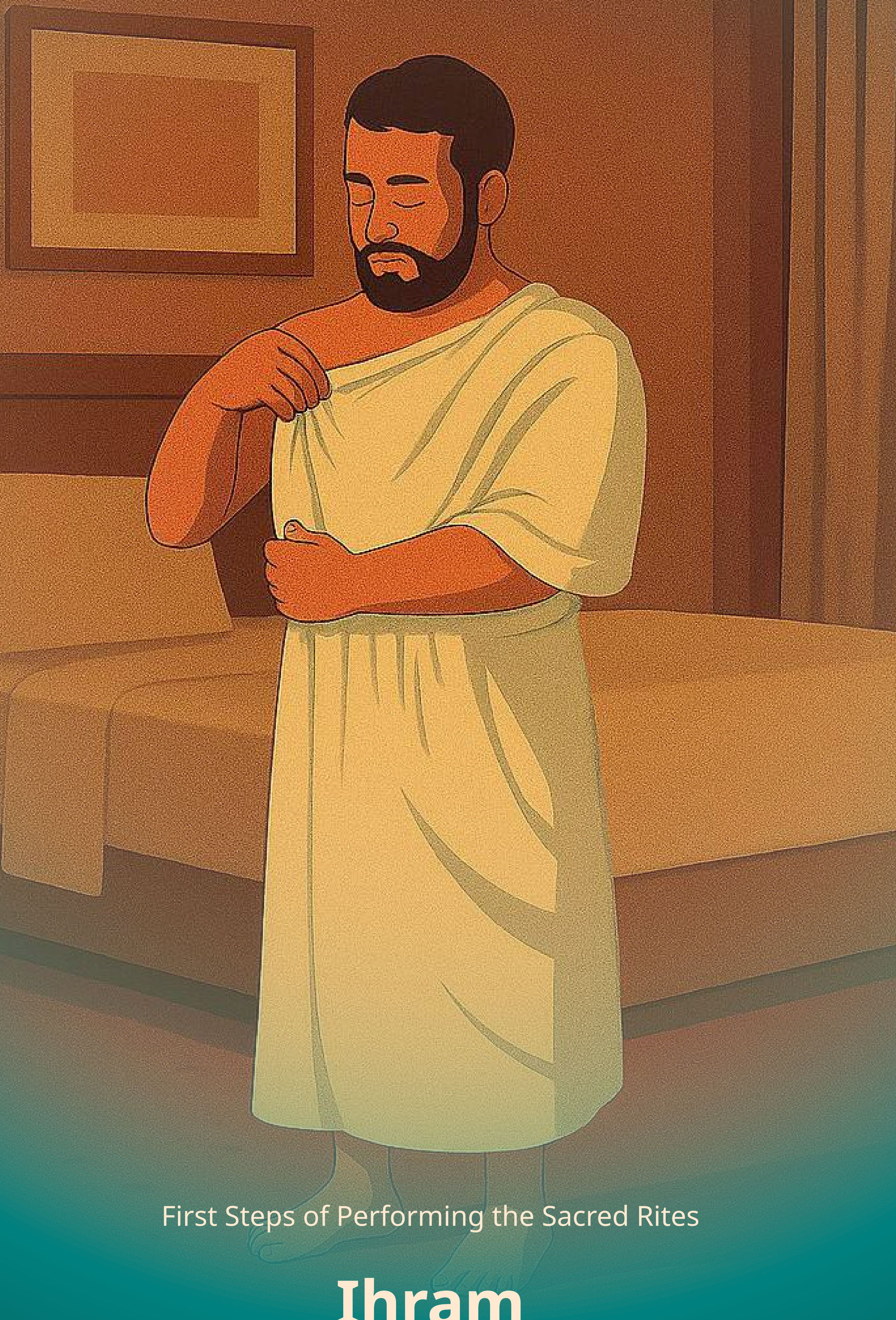
This guide is available in 20 languages and provides an overview of the key procedures and precautions for performing the sacred rites, starting from the moment of Ihram to the completion of Tahlul



First Steps of Performing the Sacred Rites

Ihram

as Allah says: (And Complete the Hajj (pilgrimage) and Umrah (minor pilgrimage) for Allah.) -Al-Baqarah 196-

Ihram

Ihram is the first step of your spiritual journey, marking your entry into sacred worship. It is the act through which the pilgrim or Mu'tamir embarks on a profound act of worship that Allah has commanded us to perform with sincere intentions and to fulfill in the most perfect manner.

Ihram marks the entry into the worship of Hajj or Umrah.

This begins when the Muhrim intends to perform the sacred rites (Nusuk) and starts reciting the Talbiyah.

The pilgrim should clearly declare the rite he intends to perform at the start of his Talbiyah, saying:

"Labbayka Allahumma Umrah" (Here I am, O Allah, for Umrah) or "Labbayka Allahumma Hajjan" (Here I am, O Allah, for Hajj). By doing so, he becomes Muhrim, entering into the act of worship he has intended.

It is Sunnah for the Muhrim to perform Ghusl (ritual purification) and apply fragrance

before entering Ihram, and to commence his Ihram after an obligatory or voluntary prayer.

Ihram is a symbol of equality and devotion to Allah – Standing together on equal ground for one purpose without distinction

Ihram Clothing

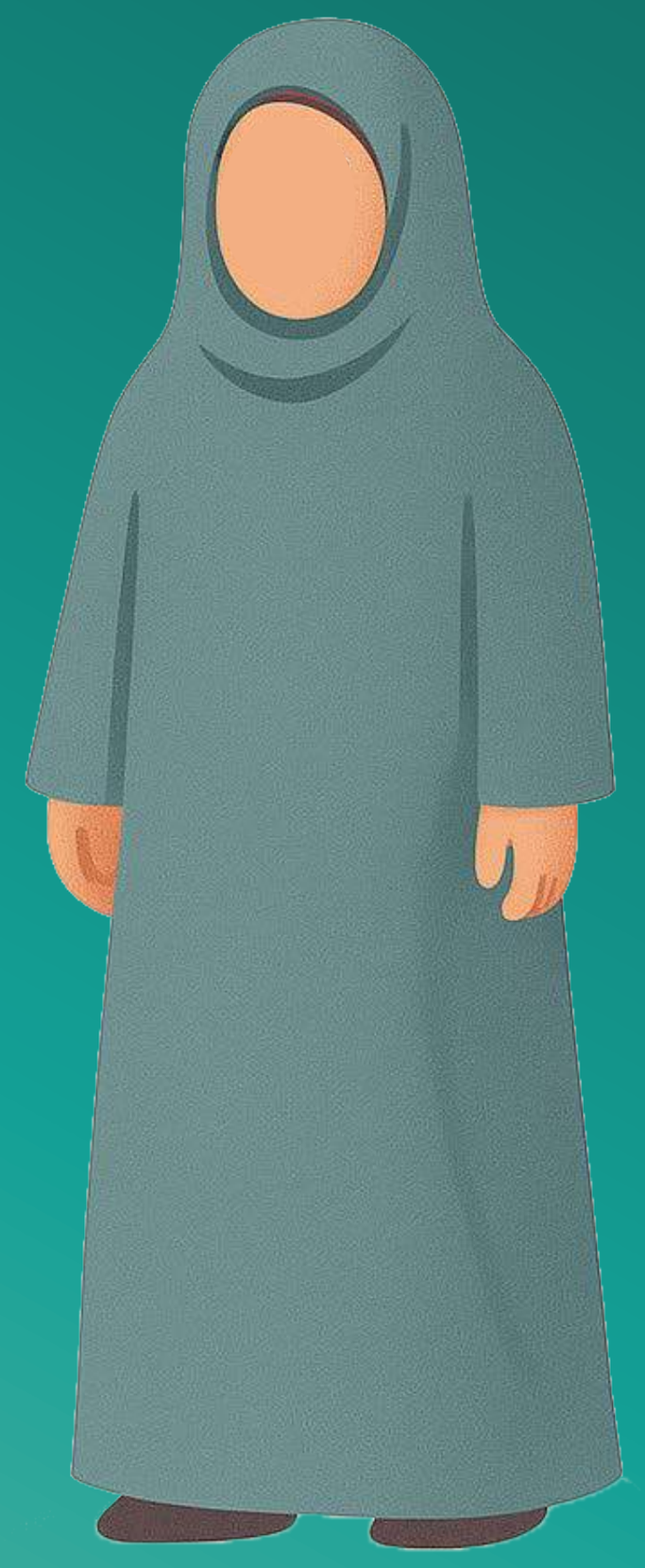
The Muhrim wears an Izar that wraps around the lower part of his body and a Rida that covers the upper part.
He may use clips or a belt to secure his Izar and keep his belongings safe.

It is recommended that his clothing be white in color.

A woman may enter Ihram wearing any clothing she chooses, provided that it meets the required conditions:

Loose-fitting, covering appropriately, and does not restrict movement.

Not ornamental or designed for adornment.



All men stand equal in their clothing and appearance, without distinction of colors or possessions, united in supplication and humble devotion to Allah.

how to wear Ihram

Ishtirat (Conditional intention)

If a pilgrim or Mu'tamir fears that he may not be able to complete his sacred rite due to illness or circumstances beyond his control, it is recommended for him to make an Ishtirat (conditional intention) when entering his rite. This is done by saying after specifying his rite:
"Fa in habasani habis fa mahilli haythu habastani”
(If I am prevented by any obstacle, then my place of release is wherever I am prevented).
If he makes this statement and a situation arises that prevents him from completing the rite, he is allowed to exit Ihram without any penalty.

A declaration of submission and obedience to Allah – Recited with the Voice but Felt in the Heart

Talbiyah

The Talbiyah is reciting: "Labbayka Allahumma labbayk, labbayka la sharika laka labbayk, inna al-hamda wa an-ni‘mata laka wa al-mulk, la sharika lak.”
Meaning: We have answered Your call, O Allah, to perform Hajj and Umrah, acknowledging Your blessings and affirming Your complete sovereignty.

Men raise their voices in the Talbiyah, while women recite it quietly.

Talbiyah begins from the moment of Ihram and ends:

For the Mu'tamir: Upon seeing the Kaaba or starting Tawaf.

For the Hajj pilgrim: Upon stoning Jamrat al-Aqabah.

Dhul Hulayfah
(Abyar Ali)

Dhat Irq

Riyadh

Al-Juhfah

AL Madinah AL
Munawwarah

Qarn al-Manazil
(As-Sayl al-Kabir)

Jeddah

Yalamlam

Spatial and Temporal Stations Where the
Spiritual Journey Begins

Mawaqit
(Boundary Points)

In reverence for the House of Allah, the Messenger of Allah designated specific Mawaqit—points set before Mecca—from which every pilgrim or Mu'tamir must enter Ihram and begin his Talbiyah. These Mawaqit differ based on the direction of arrival.

A pilgrim or Mu'tamir who lives far from Mecca must enter Ihram from one of these Mawaqit or from a point parallel to them, whether he is arriving by air, land, or sea. He is not permitted to pass these Mawaqit without Ihram.

Airlines heading to Jeddah usually announce when the aircraft is aligned with a Miqat so that the pilgrim can enter Ihram in time.

There are three categories of people when entering Ihram

Those in Mecca:

He enters Ihram for Umrah from the nearest place outside the Haram, such as Masjid Aisha. For Hajj, he enters Ihram from his current location.

Those between Mecca and the Mawaqit:

He enters Ihram for Hajj or Umrah from his current location.

Those beyond the Mawaqit:

He must enter Ihram for Hajj or Umrah from one of the Mawaqit or from a location aligned with them.

Dhul Hulayfah (Abyar Ali)

Miqat for the people of Medina, approximately 420 km from Mecca.

Qarn al-Manazil (As-Sayl al-Kabir)

Miqat for the people of Najd and those on their route, approximately 94 km from Mecca.

Yalamlam

Miqat for the people of Yemen and those on their route, approximately 115 km from Mecca.

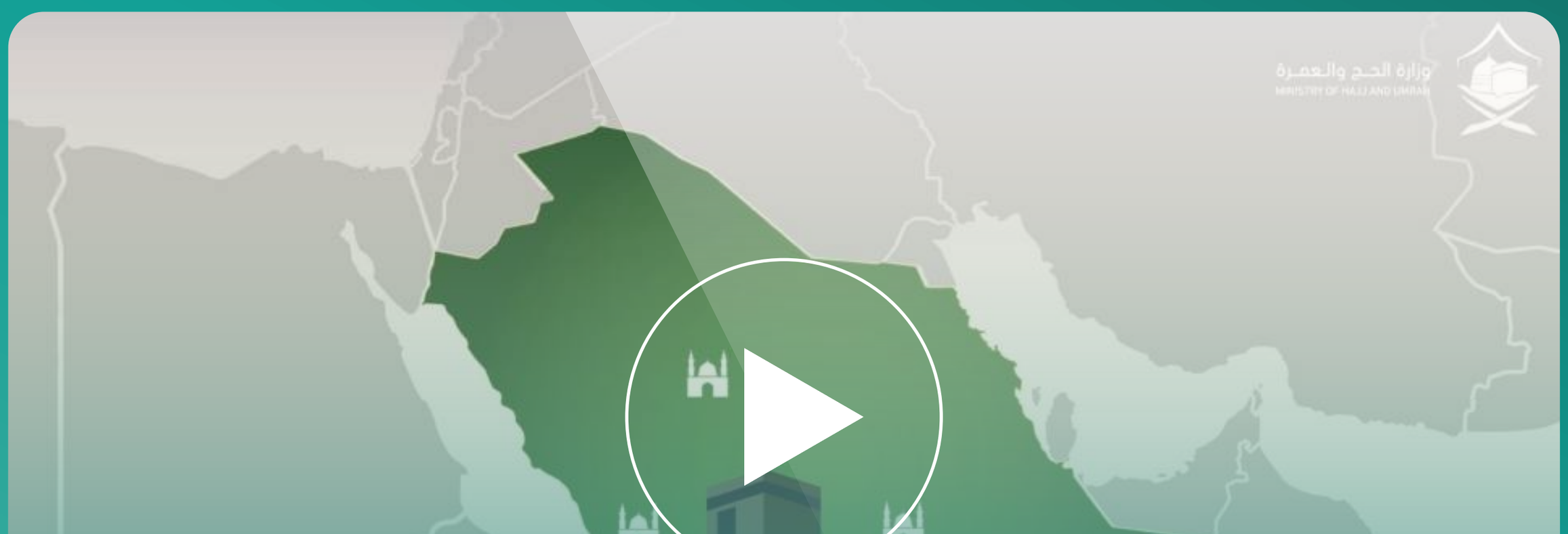
Dhat Irq

Miqat for the people of Iraq and those on their route, approximately 92 km from Mecca.

Al-Juhfah

Miqat for the people of Syria and those on their route, approximately 187 km from Mecca.

Watch Video for Miqat Boundaries



Prohibitions of Ihram

General Prohibitions

Sexual intercourse

Enter into marriage contract

Hunting animals

Shaving the head or cutting nails

Wearing perfume

Prohibitions for Women

Wearing the Niqab

Wearing gloves

Prohibitions for Men

Covering his head

Wearing tailored or sewn garments (for men)

Not Among the Prohibitions

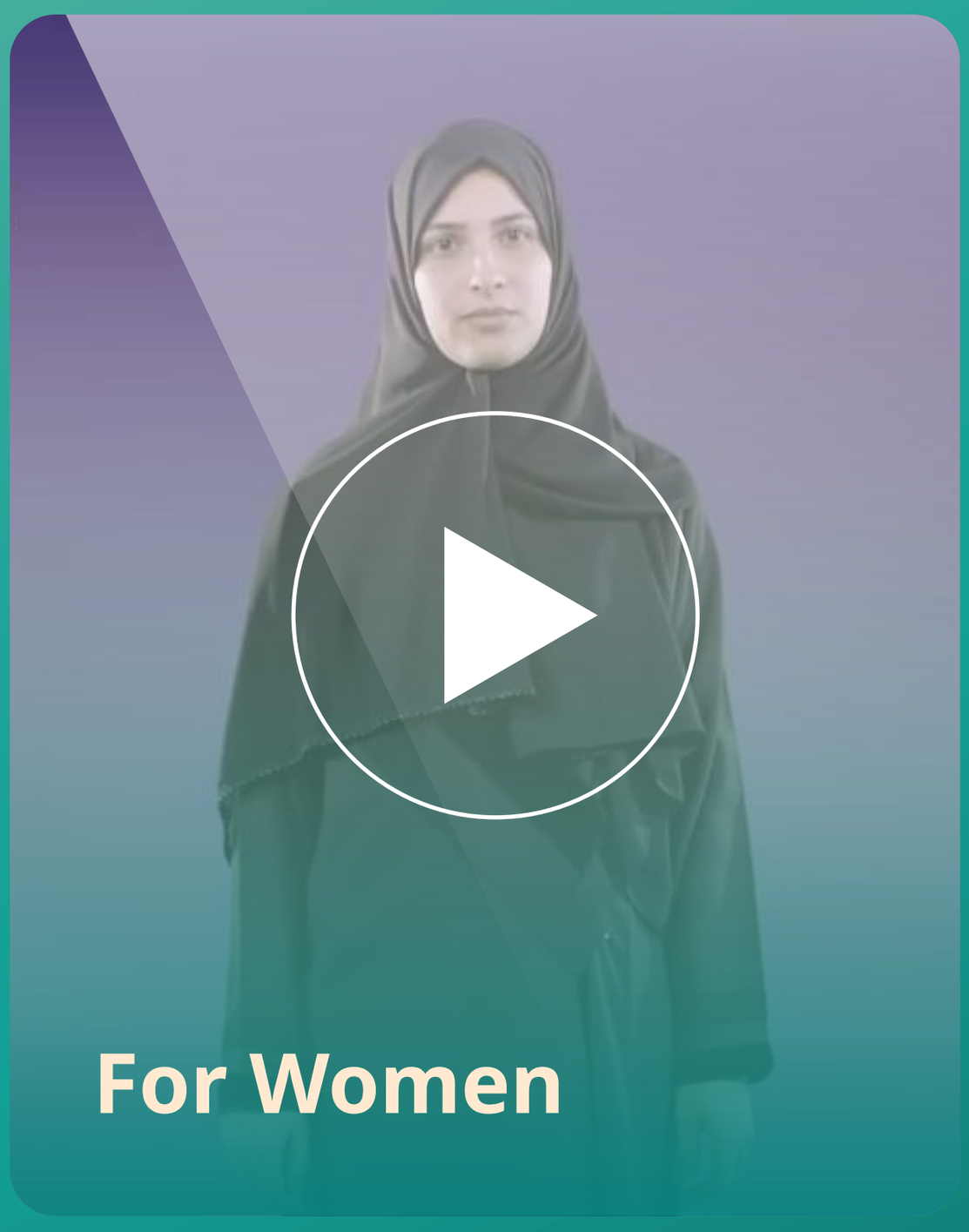
Bathing

Bandaging wounds

Wearing sandals

A woman covering her face in the presence of non-Mahram men.

Watch explanatory videos about Ihram prohibitions



For Women

For Men

Prevention of Chafing and Inflammation After Ihram

Chafing and inflammation in body folds are common among pilgrims and Mu'tamirs, especially those who are obese or diabetic.

When afflicted:

Pilgrims should use a therapeutic ointment and wash the affected area thoroughly before applying the medication.

Prevention Methods

Apply protective ointments before walking.

Ensure proper ventilation of body folds.

Maintain personal hygiene.

Ihram is not merely an outward practice, but a behavior that reflects the spirit of worship

Etiquette of the Muhrim

From the moment you enter Ihram, you are engaged in a great act of worship, during which he must guard his words and actions and increase his obedience. Allah says: **"Hajj is [during] well-known months, so whoever has made Hajj obligatory upon himself therein [by entering the state of Ihram], there is [to be for him] no sexual relations and no disobedience and no disputing during Hajj. And whatever good you do – Allah knows it. And take provisions, but indeed, the best provision is Taqwa. So fear Me, O you of understanding."**

(Al-Baqarah 197)

Be diligent in learning the rulings of Hajj and Umrah:

Ask scholars or knowledgeable people about anything that is unclear. This guide and other related guides provide the assistance and direction you need.

Renew your intention and sincerity to Allah:

Your journey for Hajj or Umrah should be solely out of love for Allah, in response to His command, seeking His reward, and fearing His punishment – not merely to earn the title of "Hajji."

Embrace tranquility and gentleness

in dealing with various situations you encounter,

Display good character

with people in general and with your pilgrimage companions specifically, by greeting them, helping them, and avoiding arguments with them.

for the Prophet May Allah's peace and blessings be upon him said: "Indeed, Allah is gentle and loves gentleness, and gives for gentleness what He does not give for harshness, and what He does not give for anything else."

Follow the instructions of organizing authorities

for Hajj and Umrah, ensuring the safety of your spiritual journey and the safety of others.

Important Phone Numbers

937

For medical consultations and inquiries.

911

For emergencies and security services.

Inside the Kingdom
1966

For Inquiries and Complaints
Guest Care Center

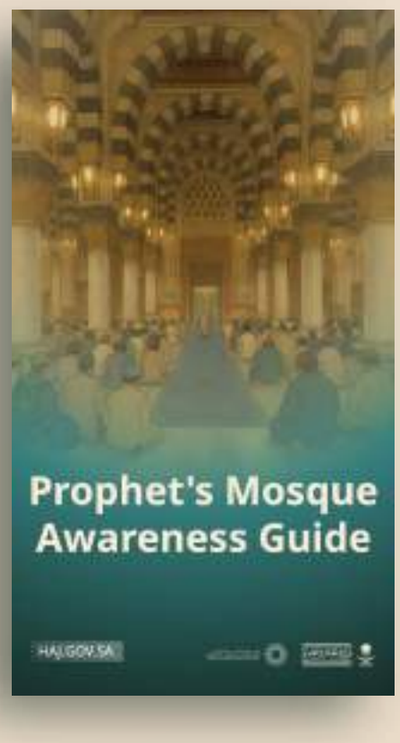
Outside the Kingdom
920002814

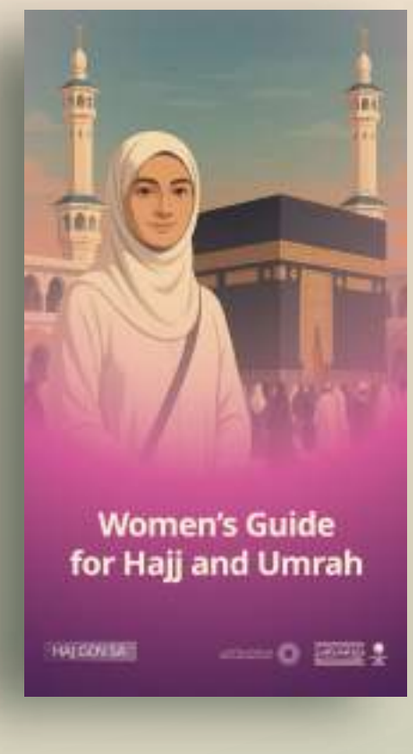
Ministry of Hajj and Umrah
Contact Center For Responding to Inquiries of the Guests of the Most Merciful

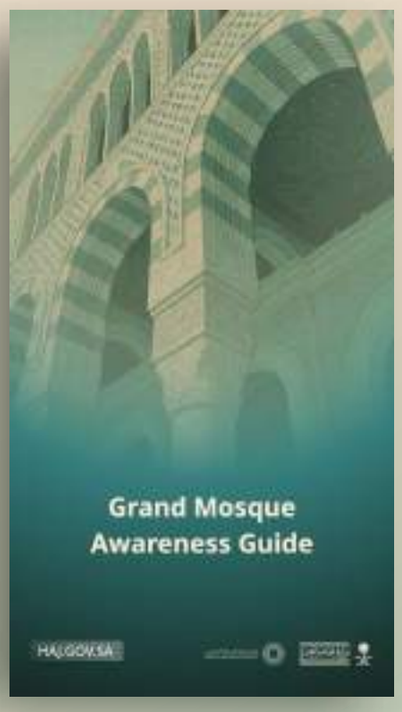
Strategic Partner

أوقاف
الهيئة العامة للأوقاف
GENERAL AUTHORITY FOR AWQAF

A journey ends, but its impact remains. Wishing you a safe return with Allah’s acceptance.
May Allah accept your deeds and efforts and return you safely.







For more educational guides, visit the website of the Ministry of Hajj and Umrah

click here to access the website

You will find in these guides all the instructions and directions that help you perform the rites with ease and peace of mind.

For more awareness and information, follow our official social media accounts.