

# THE IHRAAM

## A Guide for Pilgrims





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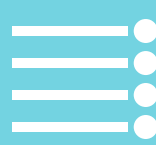
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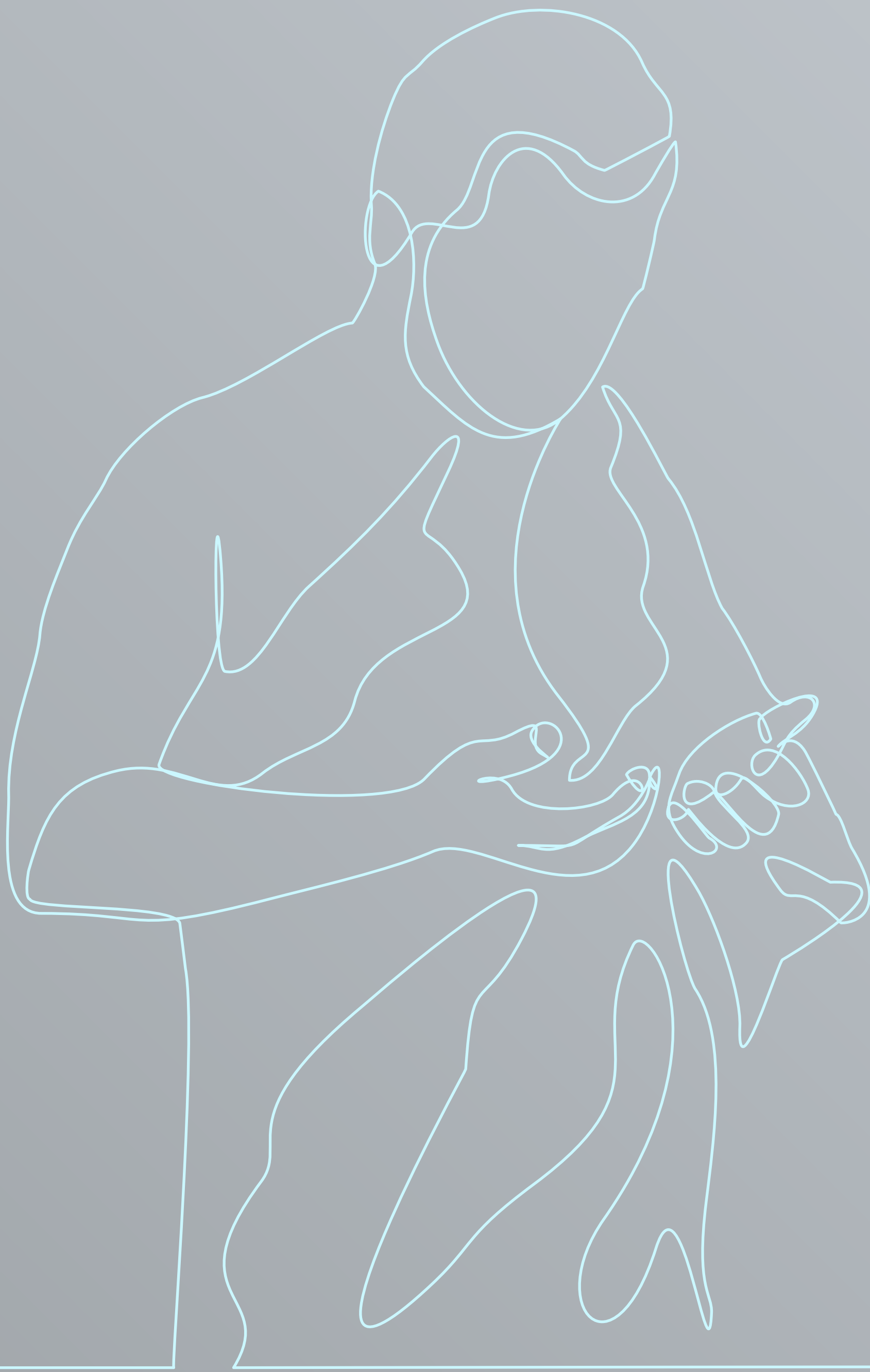
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# Foreword

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Ihraam is the first step in your journey of pilgrimage, and it is an act of the heart with which you enter into a great act of worship. Allah commanded us to form sincere intentions for Hajj and ‘Umrah and to establish them for His sake, Glory be to Him, to the fullest extent. As the Almighty said: ***“Perform the pilgrimage and the visit (to Makkah) for Allah.”***

**In this guide, you will learn everything you need to know about entering Ihraam.**





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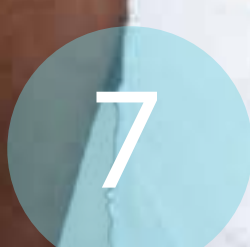
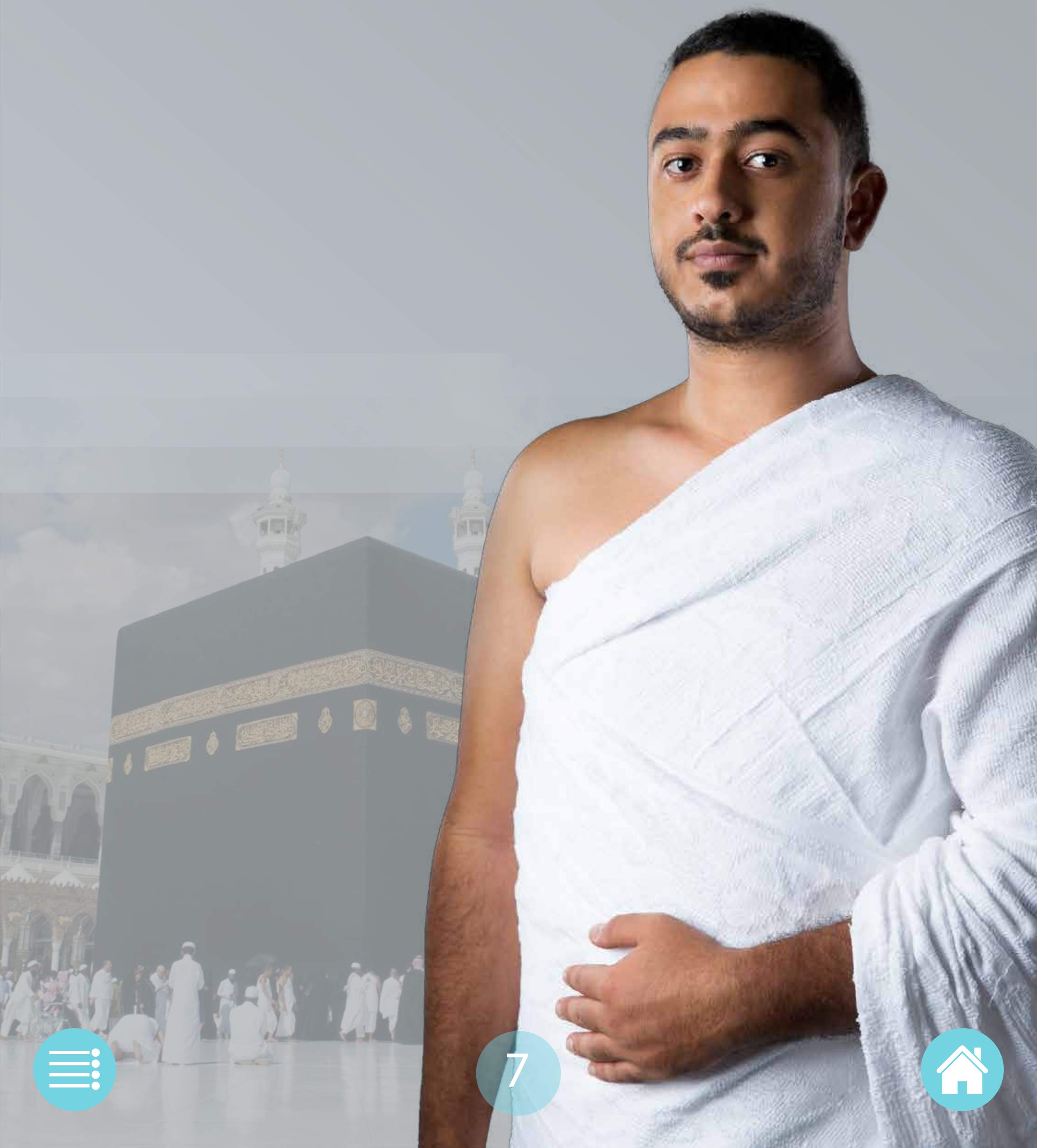
# What is Ihraam?

1

It is entering into the act of worship of Hajj or ‘Umrah, which is done by forming the intention to enter into the ‘Umrah or Hajj and begin with the Talbiyah.

2

One has to declare the exact form of worship that he intended at the beginning of his Talbiyah, saying: “*Labbayka ‘Umratan*” or “*Labbayka Hajjan*”. By he enters the state of Ihraam and starts his worship of Hajj or Umrah.





3 It is **Sunnah** for him to perform ghusl (bath) or wudoo' (ablution) before he intends to enter Ihraam.

4 As soon as he has formed the intention, he will have begun his rituals and must abstain from all the prohibitions of Ihraam.

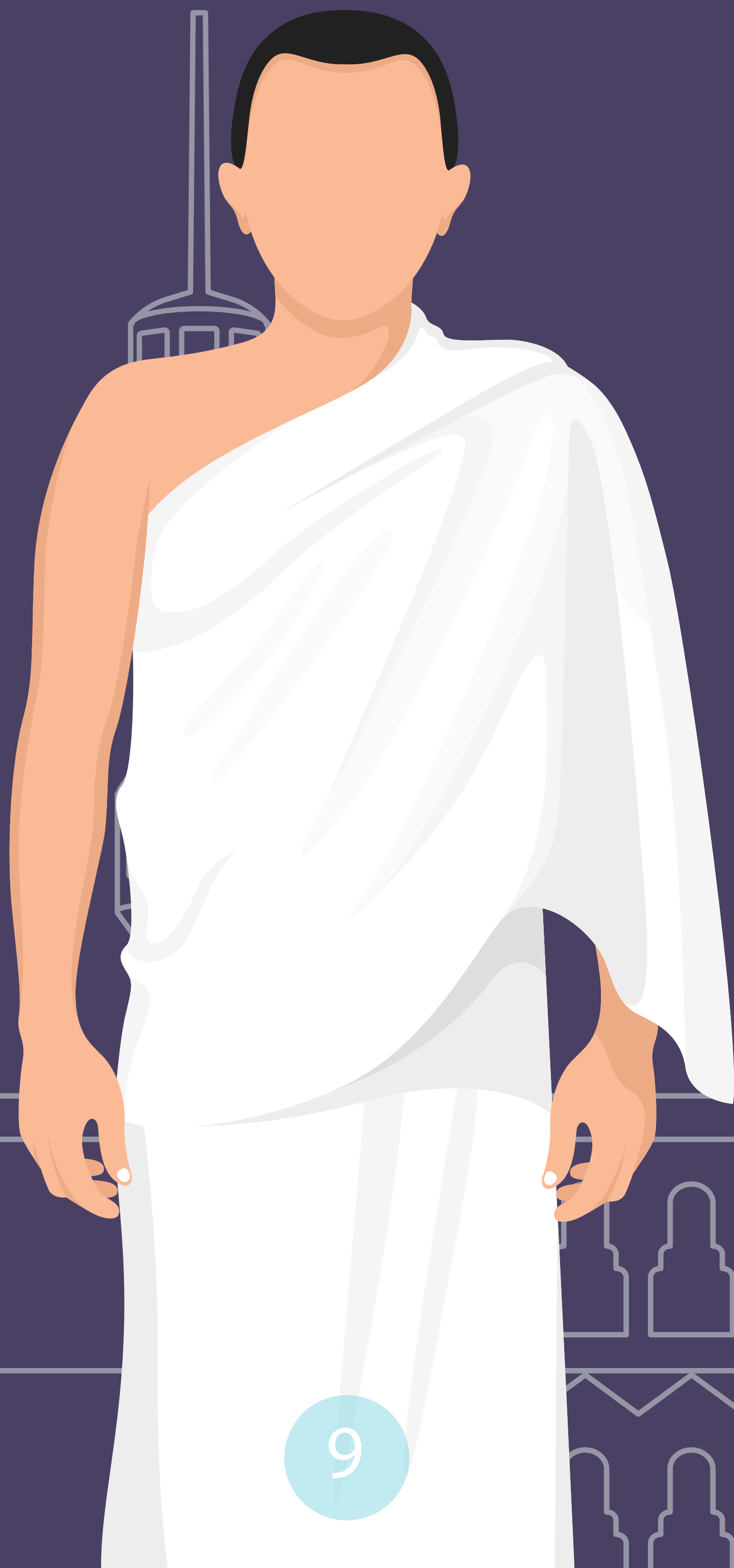




# The clothes of *Ihraam*

**The person in Ihraam (*Muhrim*)** wears a robe which is wrapped around the lower part of his body, and a robe which covers the top. Its colour should be white.

**He can use a buckle or belt** which he wraps around his waist to hold his Izaar (loincloth) from falling and to keep his belongings, phone, and money in.





All people are equal in their dress and appearance, and are not separated by colours or material things, and they stand on equal footing, supplicating to Allah and imploring Him.





Women take on the Ihraam in whatever clothes they want, provided that they are:

- 1 **Loose and wide**, covering everything and not hindering movement.
- 2 **It has no adornment** which are charming to men.





# Stipulation

If the pilgrim performing Hajj or ‘Umrah fears that he will not be able to complete his rituals due to a disease or a legitimate excuse or a reason outside of his control, then it is permissible for him to stipulate the intention. He does so by saying this after mentioning his ritual when saying “Labbayka ‘Umratan” or “Labbayka Hajjan”:

**“If anything prevents me, then my place is where You prevented me.”**

(he can say this in any language he prefers).

**If he says this and stipulates a condition, and then something prevents them from completing the ritual, it is permissible for him to leave state of Ihraam, and there is no atonement for him.**











# The Talbiyah

**The Talbiyah is when you recite:** “*Labbayk-Allaahumma labbayk, labbayka laa shareeka laka labbayk. Innal hamda wan-ni’matah laka wal-mulk, laa shareeka lak*” (“At your service, o Allah, at Your service! At Your service, there is no partner for You, at Your service! Indeed all praise and grace belong to You, and so does the supreme authority, You have no partner.”)

**And its meaning is:** O Allah, we came, answering Your call to perform Hajj time after time, acknowledging You in monotheism and worship, acknowledging Your grace and the perfection of Your supreme authority. It is the majestic motto of the pilgrims, which declares servitude and obedience to the Creator, the Blessed, Glory be to Him.

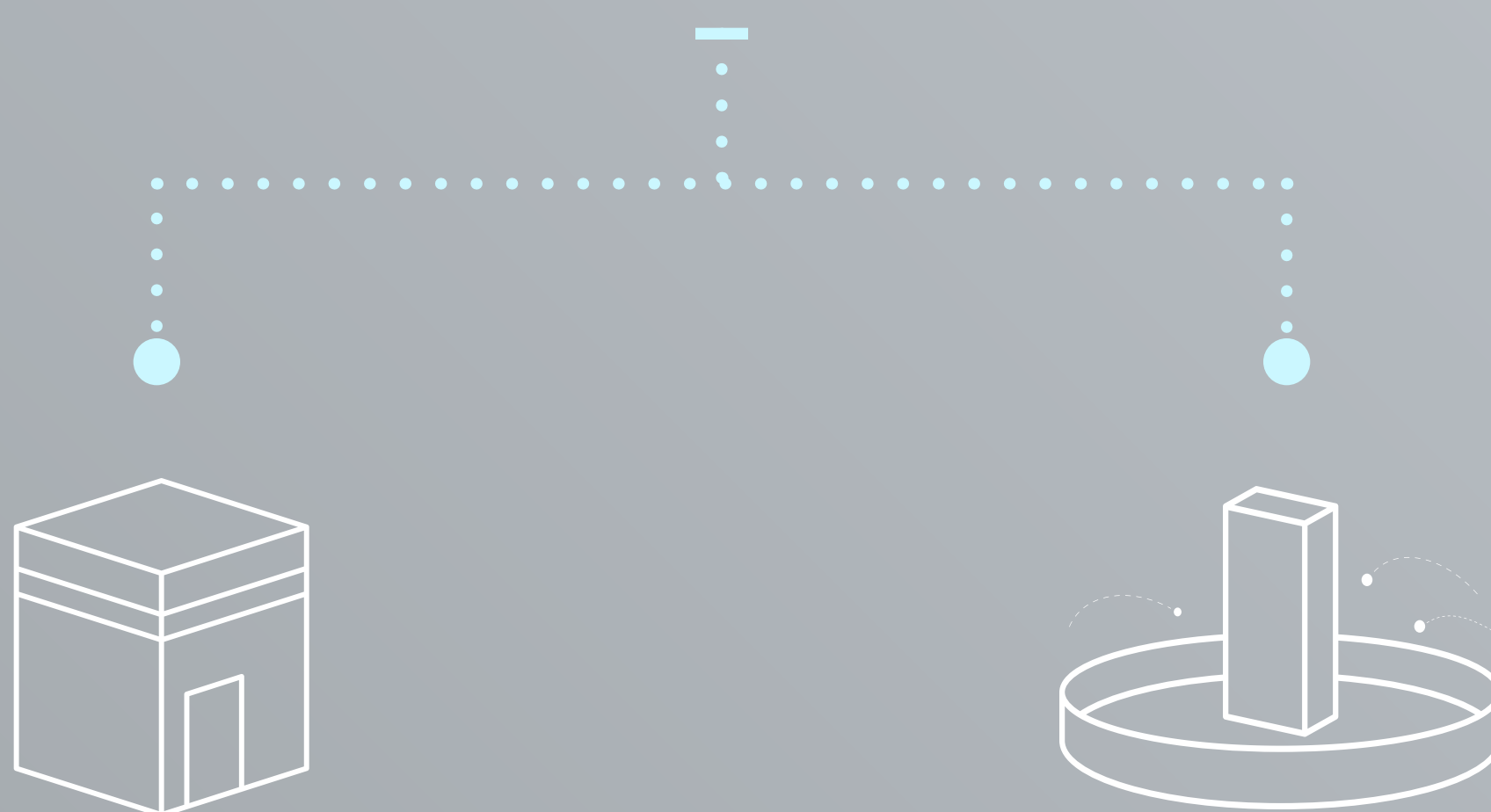
**The men raise their voices and the women whisper.**





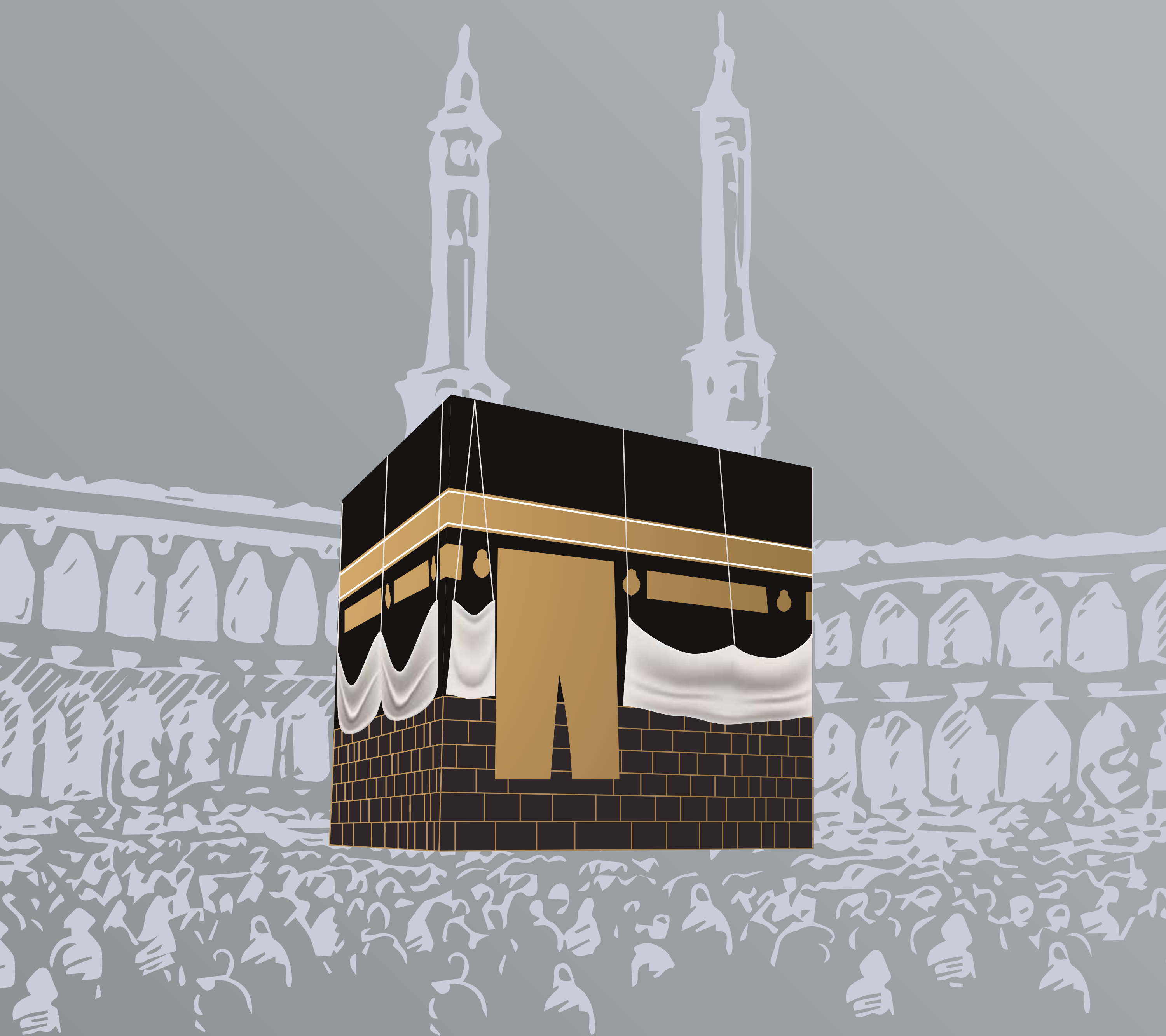
**The Talbiyah starts from the beginning of the Ihraam**

**And the Talbiyah ends:**




**For the person performing 'Umrah:**  
when seeing the House (Ka'bah).

**For the person performing Hajj:**  
When stoning the Jamrah of 'Aqabah






# The Miqats



**In veneration of the Sacred House of Allah, the Messenger of Allah ﷺ specified places before Makkah from which those coming for Hajj and 'Umrah must enter the state of Ihraam. They begin reciting the Talbiyah before they reach the boundaries of the Sanctity (Haram). These locations vary according to the location one is travelling from.**



**The pilgrim or the visitor who lives far from Makkah is obliged to take on the state of Ihraam from these Miqats or what is adjacent to them and parallel to them on their way, whether he travels by plane or by land. One should not go beyond these points without Ihraam.**





Usually, planes coming to Jeddah announce the timing of alignment with the Miqat, so that pilgrims coming for Hajj and 'Umrah can enter into the state of Ihram.









There are three types of people when it comes to entering the state of Ihraam:

1

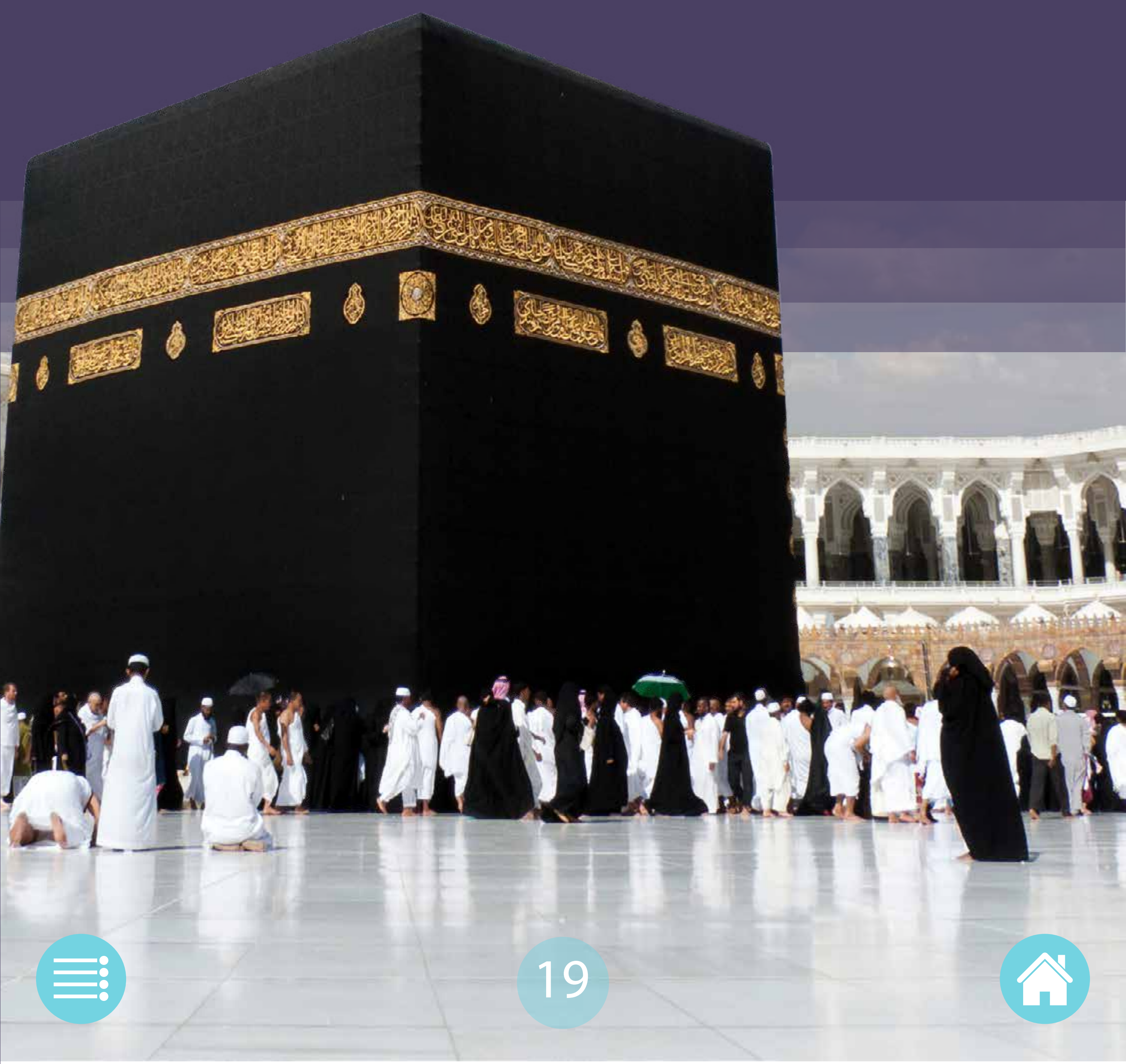
**Whoever is in Makkah:** He enters the state of Ihraam to perform 'Umrah from the nearest place outside the Sanctity (Haram), such as the mosque of the Mother of the Believers 'Aishah in At-Tan'im. One takes on the state of Ihraam for Hajj from the place where he is.

2

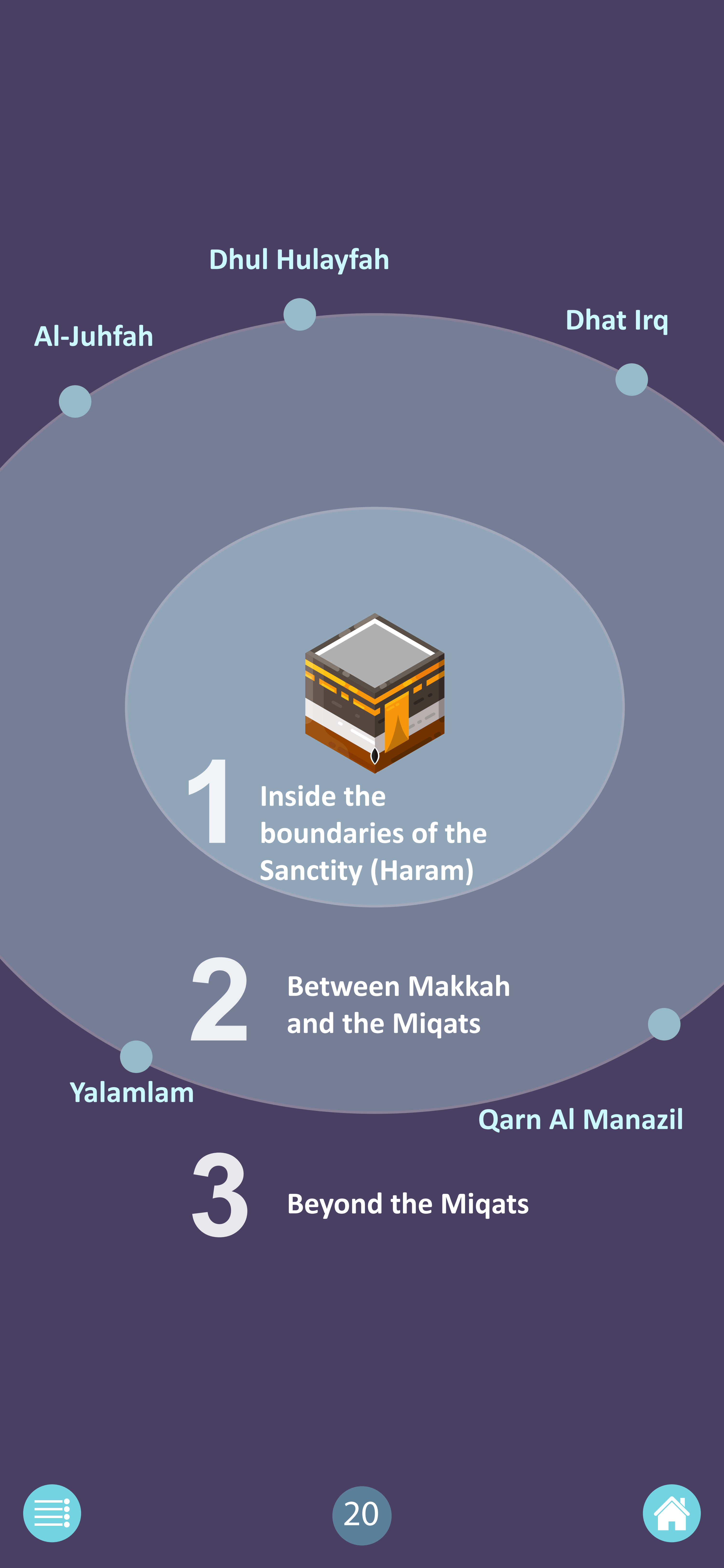
**Whoever is located between Makkah and the Miqats:** he takes on the state of Ihraam for Hajj and 'Umrah from the place where he is.

3

**Whoever is in his place beyond the Miqats:** he must take on the state of Ihraam from the Miqats or those adjacent to them for Hajj or 'Umrah.









- 1 Dhul Hulaifa** The miqat for the people of Madinah, which is 420 km (260 miles) from Makkah.
- 2 Al-Juhfah** The miqat for the people of the Levant and those on their way, and it is 187 km (116 miles) from Makkah. Nowadays people take on the state of Ihraam at 204 km (128 miles) from Rabigh.
- 3 Qarn Al Manazil** The miqat for the people of Najd and those on their way, which is 94 km (58 miles) from Makkah.
- 4 Yalamlam** The miqat for the people of Yemen and those on their way, 115 km (71 miles) from Makkah.
- 5 Dhat Irq** The miqat for the people of Iraq and those on their way, and it is 92 km (57 miles) from Makkah.







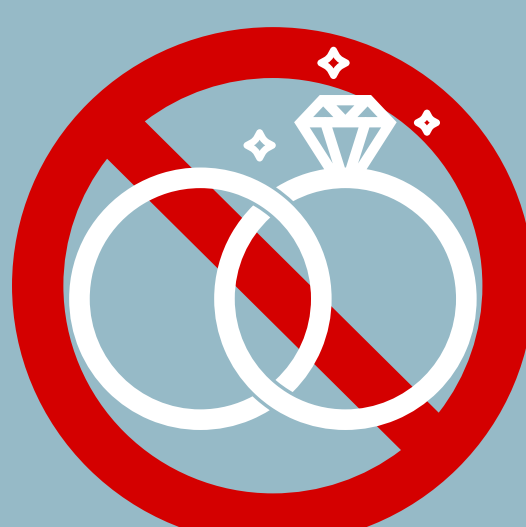


# Prohibitions for people in Ihraam

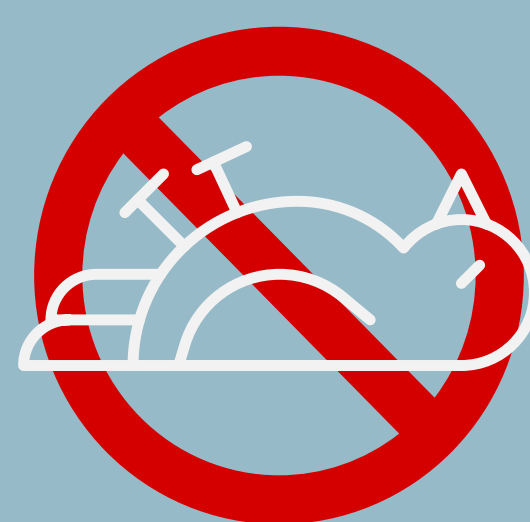
## General prohibitions



**Sexual intercourse**



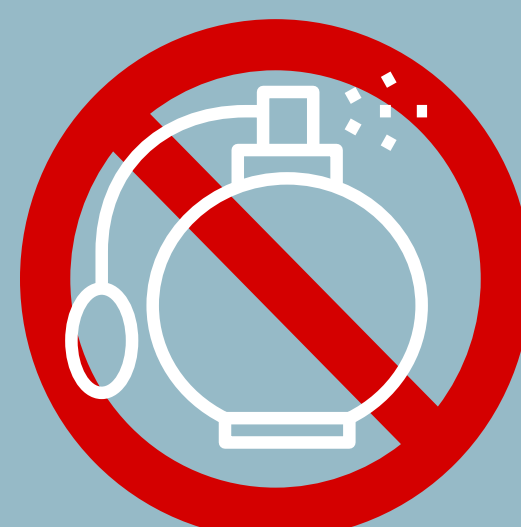
**Entering a marriage  
contract**



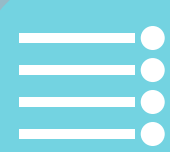
**Killing game**



**Shaving the head or  
clipping nails**



**Applying  
perfume**





## Prohibitions for men



**Covering the  
head**



**Wearing clothes that  
consist of sewn joints**

## Prohibitions for women



**Covering  
the face**



# Things which are not forbidden in *Ihraam*



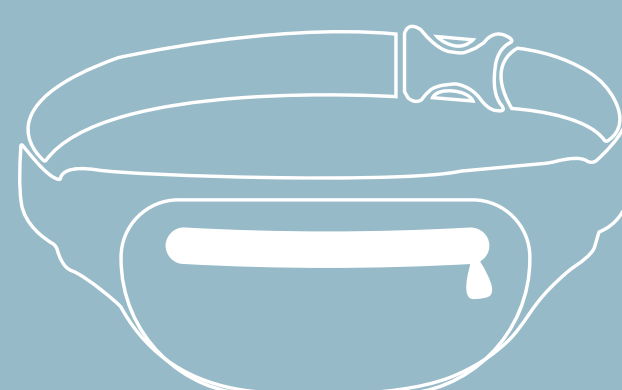
Washing  
yourself



Wearing glasses, rings,  
and watches



Bandaging a  
wound



Wearing a belt and purse  
around the body



Wearing  
sandals




Carrying a  
parasol



Women covering their face when  
they fear temptation



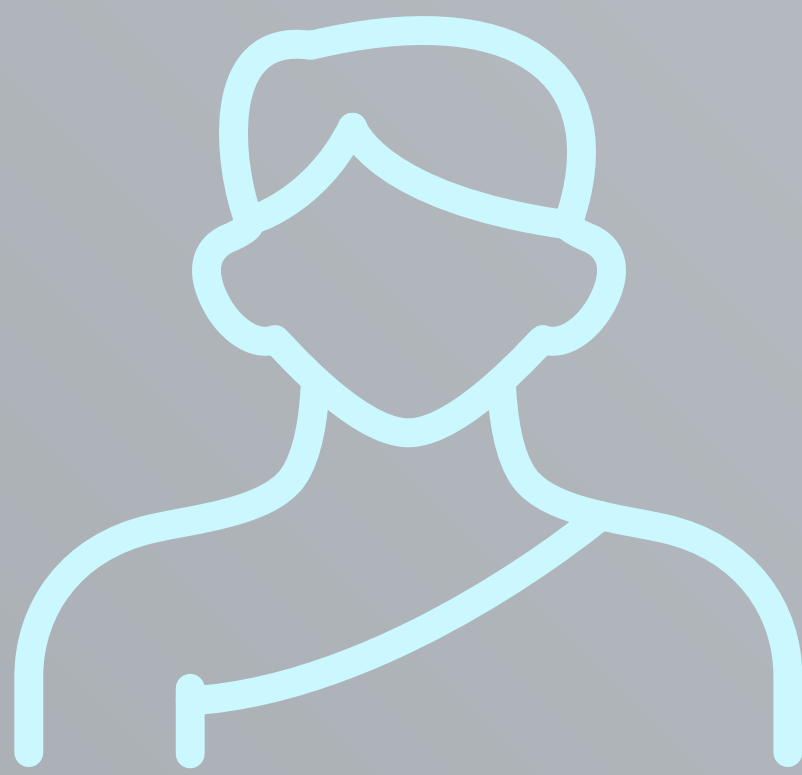


## Prevention of peeling skin and inflammation of the body folds after entering into the state of Ihraam

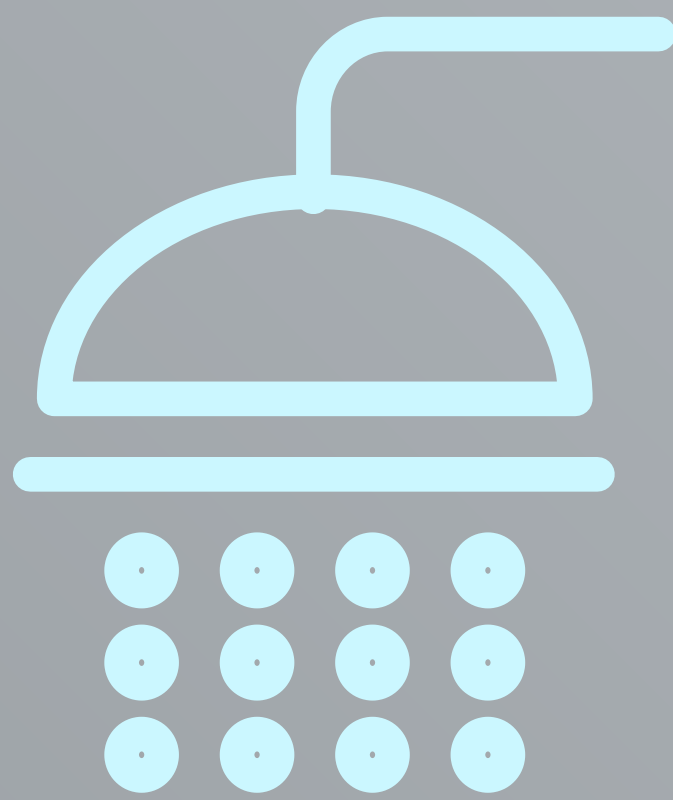
The problem of peeling skin and inflammation of the body folds is common among pilgrims performing Hajj and 'Umrah, especially among people with obesity or diabetes. The skin becomes infected and redness occurs in the folds of the thighs, and sometimes in the armpits or under the breasts, accompanied by annoying and painful itching.



# How to prevent this?



**Good ventilation of body** folds such as thighs and armpits.

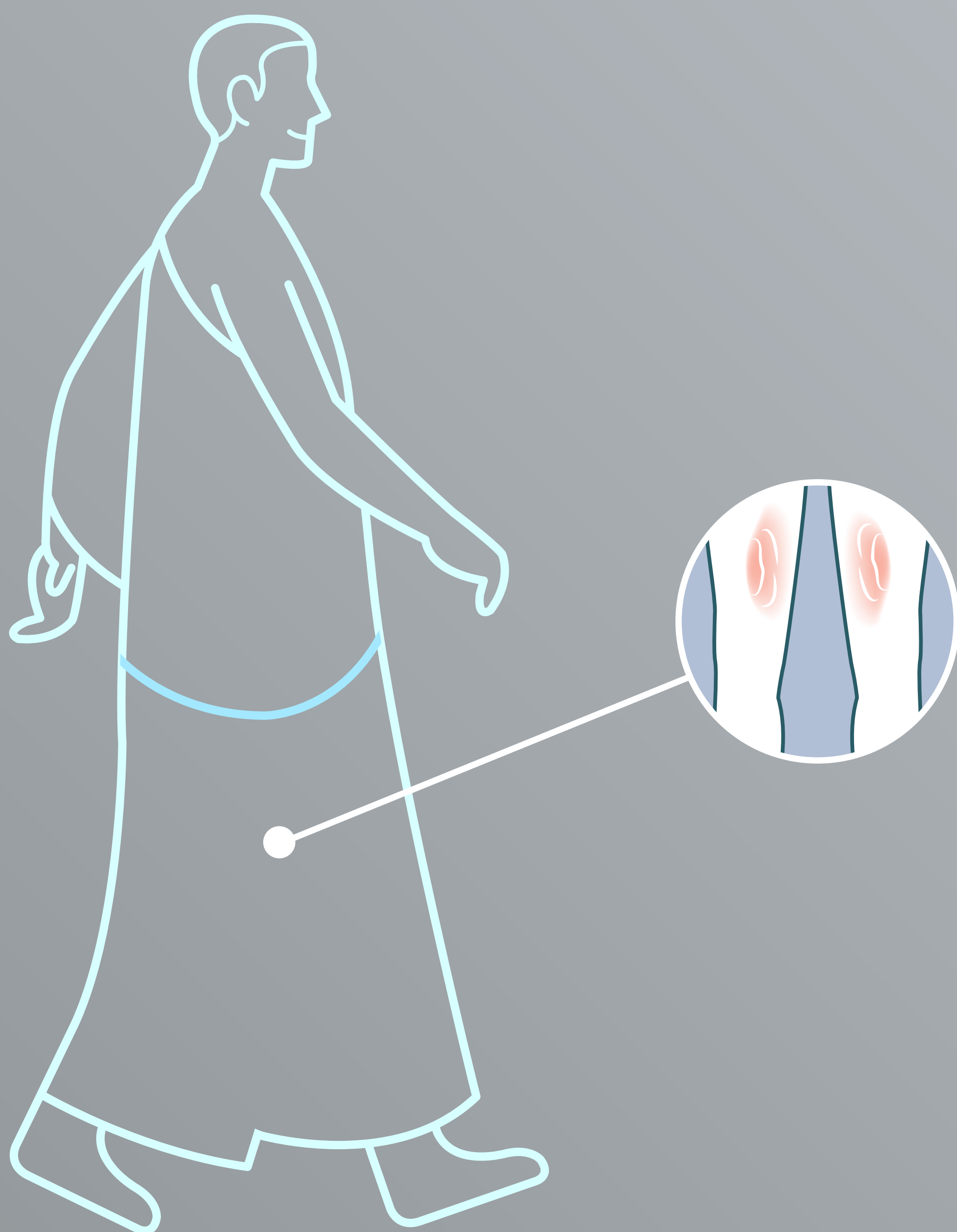


**Pay attention to personal hygiene** and use ointments on the body before walking.





**When infected,** use healing ointments and wash the area well before applying the medication.





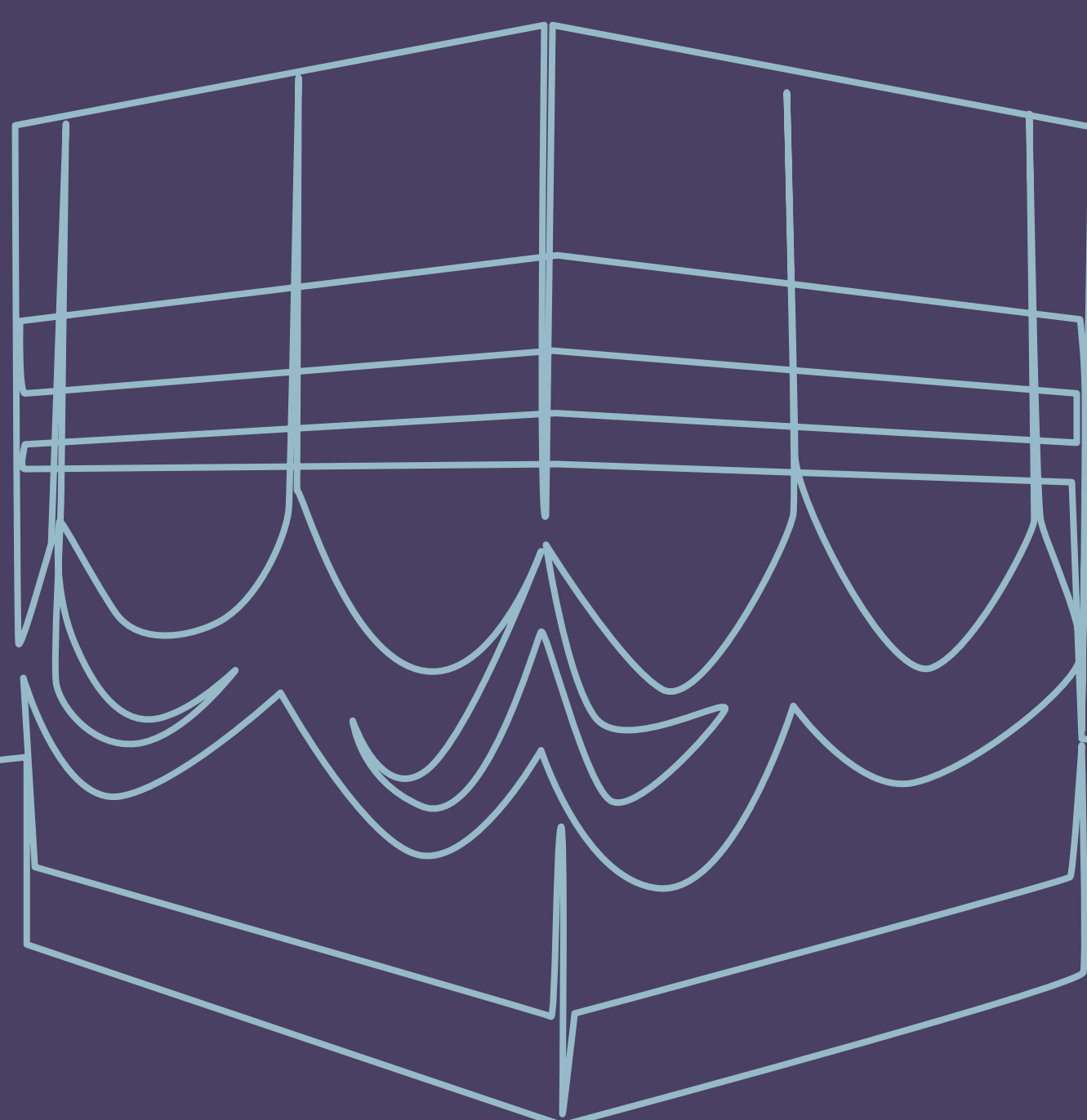


# Etiquette for a person in the state of Ihraam

From the moment the pilgrim performing Hajj and 'Umrah enters into the state of Ihraam, he is involved in a great act of worship and must mind his words, actions and behaviour and try to increase his rewards, as the Almighty said: **“The pilgrimage is (in) the well-known months, and whoever is minded to perform the pilgrimage therein (let him remember that) there is (to be) no lewdness nor abuse nor angry conversation on the pilgrimage. And whatsoever good ye do Allah knoweth it. So make provision for yourselves (Hereafter); for the best provision is to ward off evil. Therefore keep your duty unto Me, O men of understanding.”**



- 1 **You have to renew your intentions and sincerity to Allah the Exalted.** The fact that you came all the way to perform Hajj is nothing but out of love for Allah and response to His command, seeking His mercy and reward, and fearing His punishment. This is not for showing off or out of arrogance, nor so that people can say: “So-and-so performed Hajj”, nor to be called a pilgrim with the nickname “Haaj”.
- 2 **Make sure to learn the rulings on Hajj** and ask the people of knowledge in your group about what confuses you. You will also find in this guide all the information you need.
- 3 **Ensure you have good manners with people in general and with your Hajj companions in particular.** This can happen through them with the salaam, smiling at them, refraining from arguments, and and helping and assisting them in what they need in their affairs.





4 Tranquility and kindness in dealing with the various situations that confront you, as the Prophet said: **“Allah is Gentle and He loves gentleness, and rewards for forbearance while He does not reward severity, and does not give for any thing besides it (forbearance).”**

5 **Follow the instructions of the officials and the group leaders** to ensure a smooth journey without annoying or disrupting other people.





# Important numbers

# 911

For emergencies and security services

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# 937

Medical consultations and  
inquiries

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# 920002814

The call center of the Ministry of Hajj and  
Umrah to answer inquiries from pilgrims

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# 1966

For inquiries about the Sacred Mosque and the  
Prophet's Mosque





You can obtain the rest of guides by visiting the website of the Ministry of Hajj and Umrah (by clicking here).

In these guides, you will find all the instructions and directions which facilitate you to perform the Hajj rituals with ease and confidence.



Strategic partner



Partners in success





**May Allah accept  
your deeds  
and efforts**

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