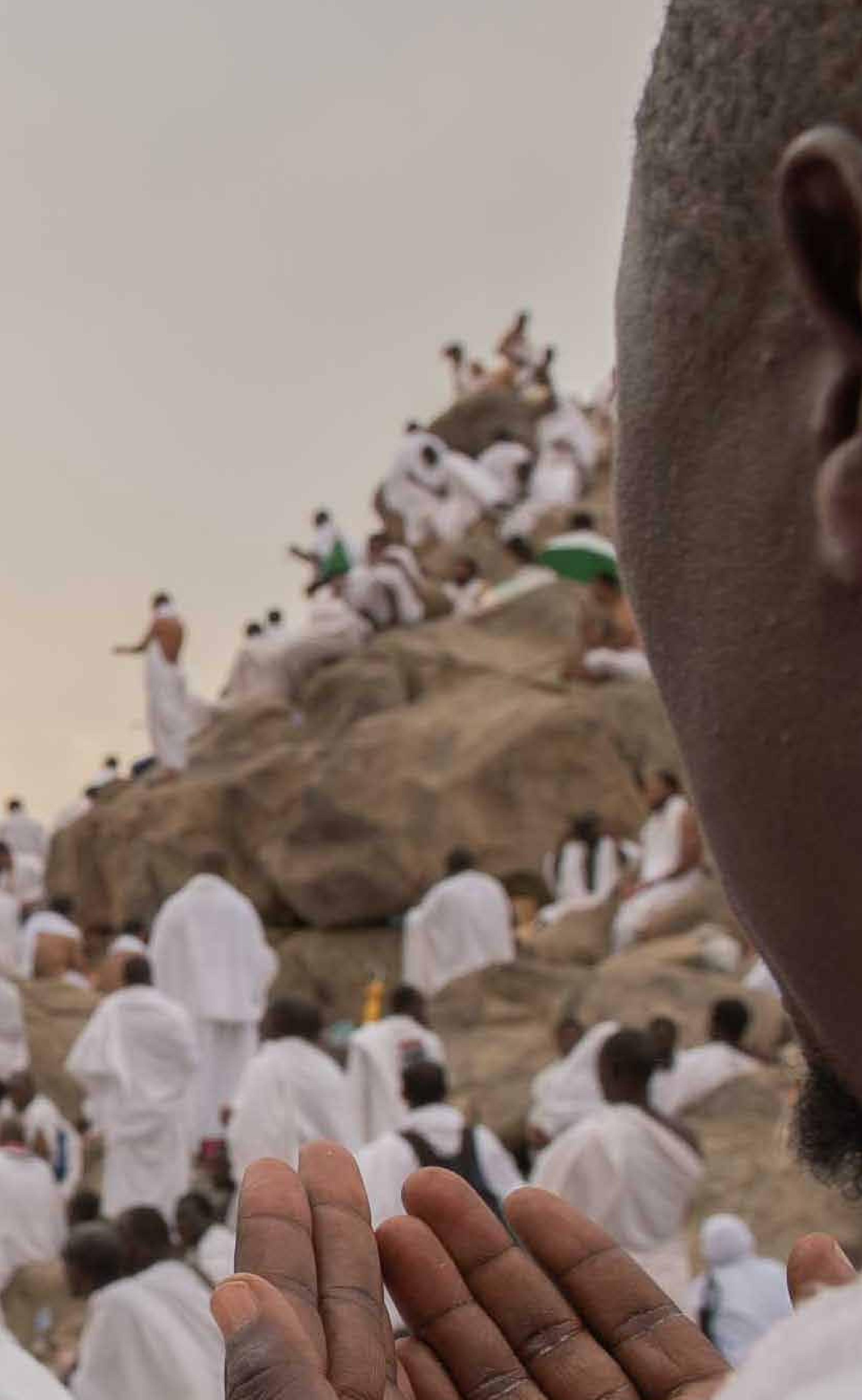


# THE DAY OF 'ARAFAH

## A Guide for Pilgrims





**In this guide you will find the most important information, instructions, and advices related to the Day of 'Arafah which you need to know for your Hajj trip.**

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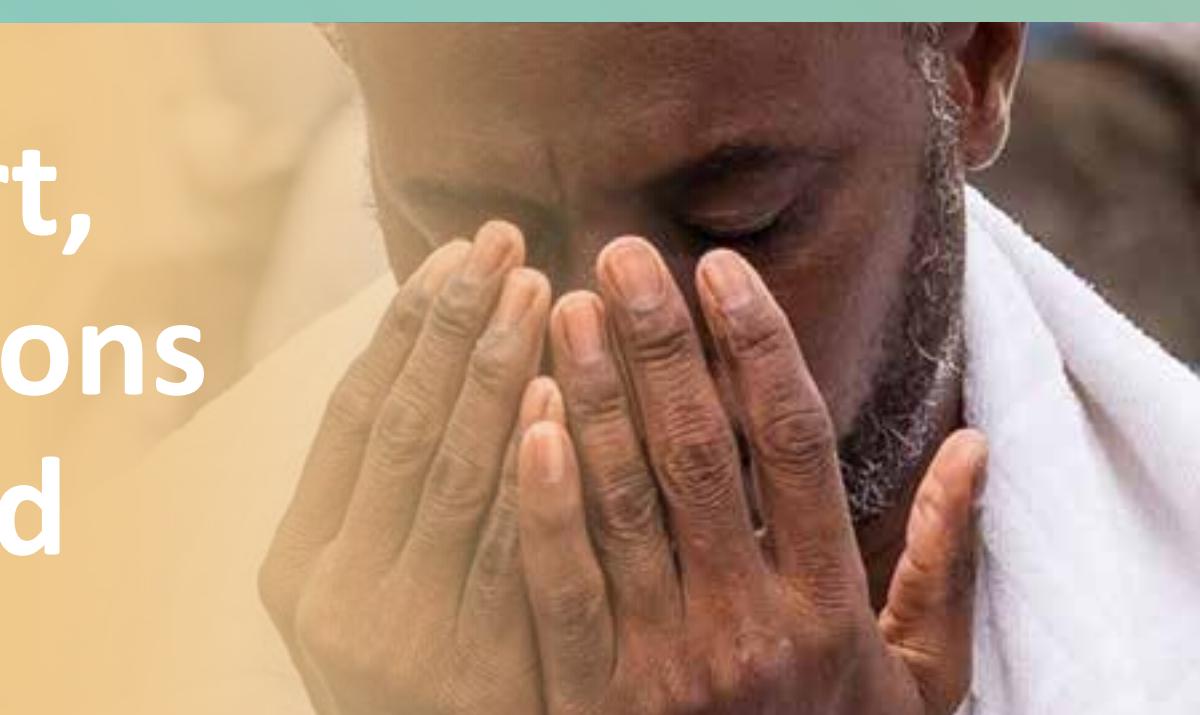
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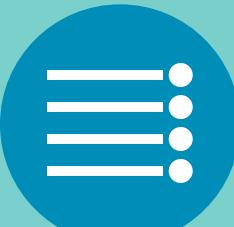
Important  
numbers



# The Day of 'Arafah

**The Day of 'Arafah** is the greatest pillar of Hajj, as if what preceded it was a preparation for it and what followed is a continuation of it. The Prophet ﷺ said: “Hajj is 'Arafah.”

**It is a venerable day**, on which all pilgrims of different colours, countries and needs stand in one place, invoking Allah and supplicating to Him for His mercy and forgiveness.





**In this guide,** you will find all the information and instructions you need about this day and the best ways to seize those great and irreplaceable moments.

**The Day of 'Arafah** is a day on which the honour of time and place come together, in moments of faith in which Allah's mercy and kindness prevail.

**It is on the ninth of Dhul-Hijjah, and the first ten days of Dhul-Hijjah are the greatest days of the year, as the Prophet ﷺ said: “There are no days in which a good deed is more pleasing to Allah than these ten days.”**





# The virtue of the Day of 'Arafah

1 It is a day on which many people will be manumitted from the Fire: The Prophet ﷺ said: “There is no day on which Allah sets free more slaves from the Fire than He does on the Day of 'Arafah.”

2 Allah, the Exalted and Majestic, brags about the people of 'Arafah to His honorable angels, out of love and contentment with what they do:

The Prophet ﷺ said: “When the day of 'Arafah comes, Allah descends to the lowest heaven and praises them to the angels saying, “Look at My servants who have come to Me dishevelled, dusty and crying out from every deep valley.”

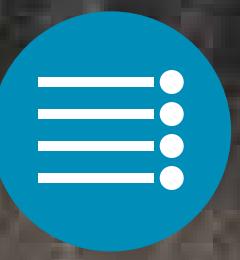
# 3

**The supplication** made on this day is the best and greatest supplication: The Prophet ﷺ said: “**The best supplication is the supplication of ‘Arafah.**”

# 4

**It is the most severe** day for Shaytaan: The Prophet ﷺ said: “Shaytaan is not considered more abased or more cast out or more contemptible or more angry on any day than on the Day of ‘Arafah. That is only because he sees the descent of the Mercy and Allah’s disregard for great wrong actions.”







# Season of Mercy and Gifts

**Standing at 'Arafah is a great place of standing**, in which Allah draws close to His servants. Their calls, concerns and needs are not hidden from Him, despite their different languages and different requests.

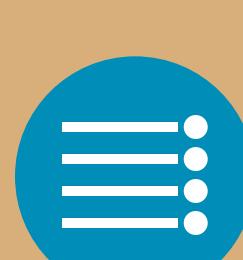
**The Companions and the early scholars were in two states on that day:**



**Some of them** were overcome by shyness and fear of Allah Almighty in those moments.

**And among them** were those who were dominated by hope, having good thoughts of Allah, and being confident that Allah would answer their supplications.

**And both states of being are great.**



# Fasting on the Day

## of 'Arafah

For the **dignity of this day**, its bounties and blessings reach all Muslims, even those who did not perform Hajj. For this reason, Allah has prescribed for non-pilgrims to fast on the Day of 'Arafah so that they are also able to receive some of the blessings. The Prophet ﷺ said: “Fasting on the Day of 'Arafah, I hope from Allah, expiates for the sins of the year before and the year after.”

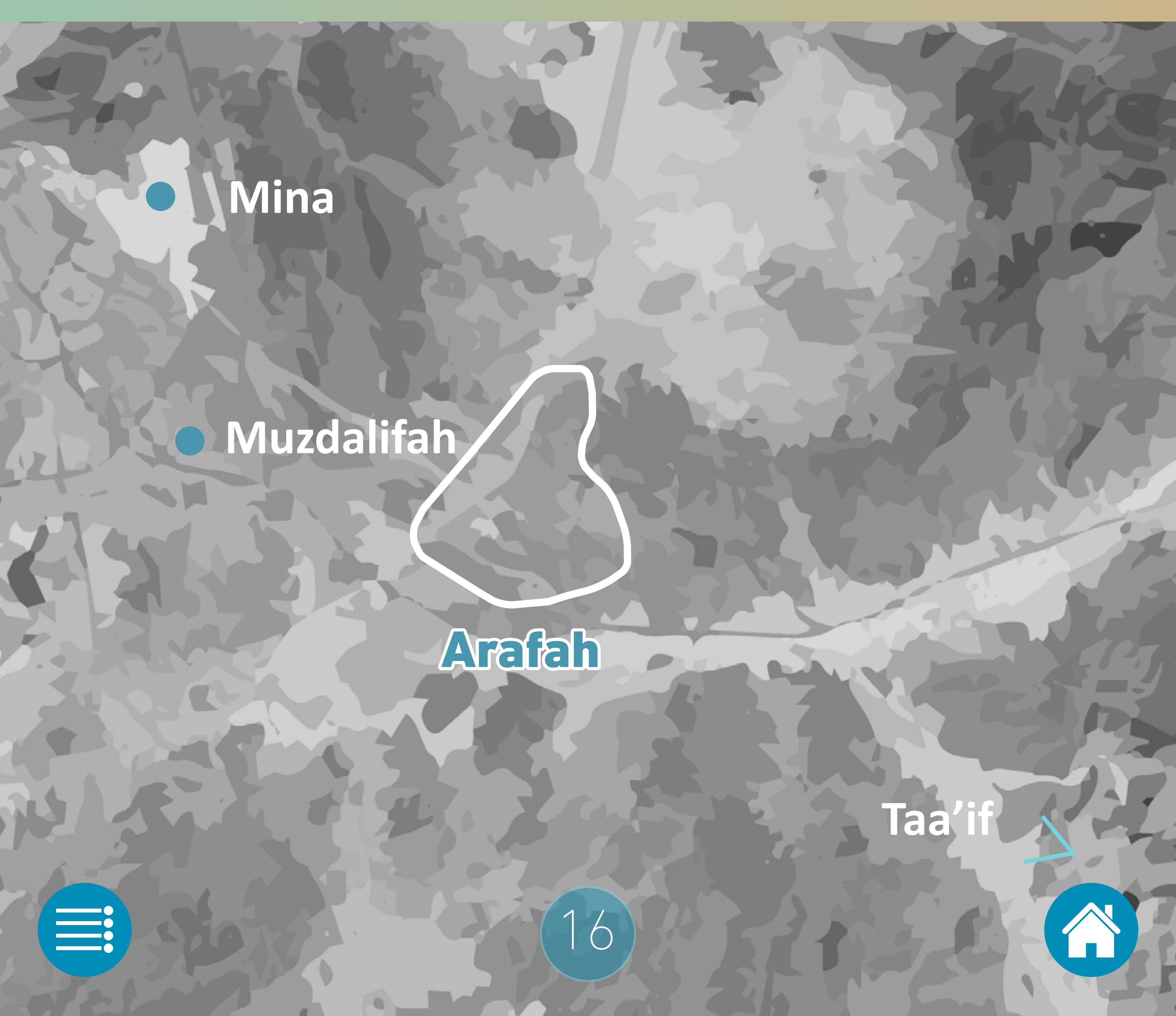
As for the **pilgrim**, he does not fast, following the example of the Prophet ﷺ. He was breaking his fast on the day of 'Arafah in the Farewell Pilgrimage to strengthen himself for the different rituals of pilgrimage.



# The location of 'Arafah



**'Arafah is a flat plain** surrounded by an arc of mountains. It is located on the road between Makkah and Taa'if, east of Makkah Al-Mukarramah, and outside the boundaries of the Sanctuary (haram).



# Sacred Mosque



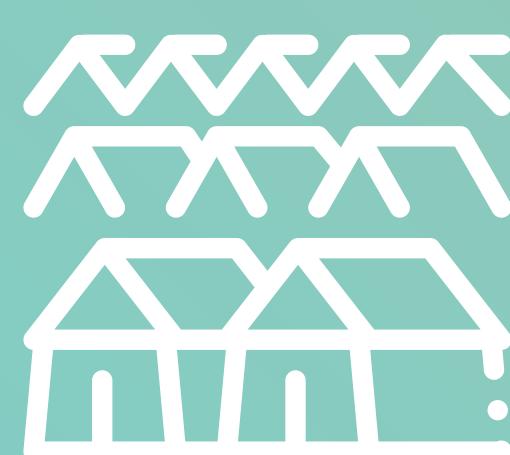
- Mina
- Muzdalifah

● 'Arafah

Taa'if

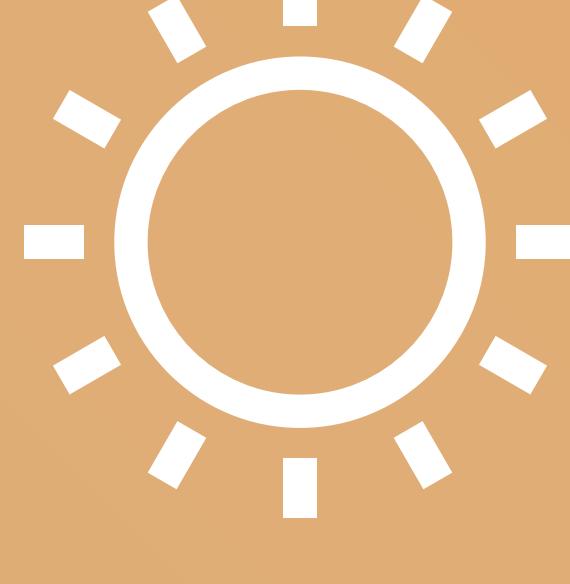
It covers a total area of  
**10,4 km<sup>2</sup>**

It is **6 kilometres** (3.7 miles) from Muzdalifah, **10 kilometres** (6.2 miles) from Mina and approximately **20 kilometres** (12.4 miles) from the Sacred Mosque.



# The time for standing

## at 'Arafah



The Prophet ﷺ stood, supplicated at 'Arafah, from after the sun had passed its zenith, until sunset and the call to prayer for Maghrib.

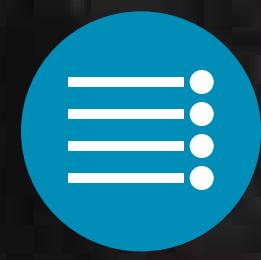
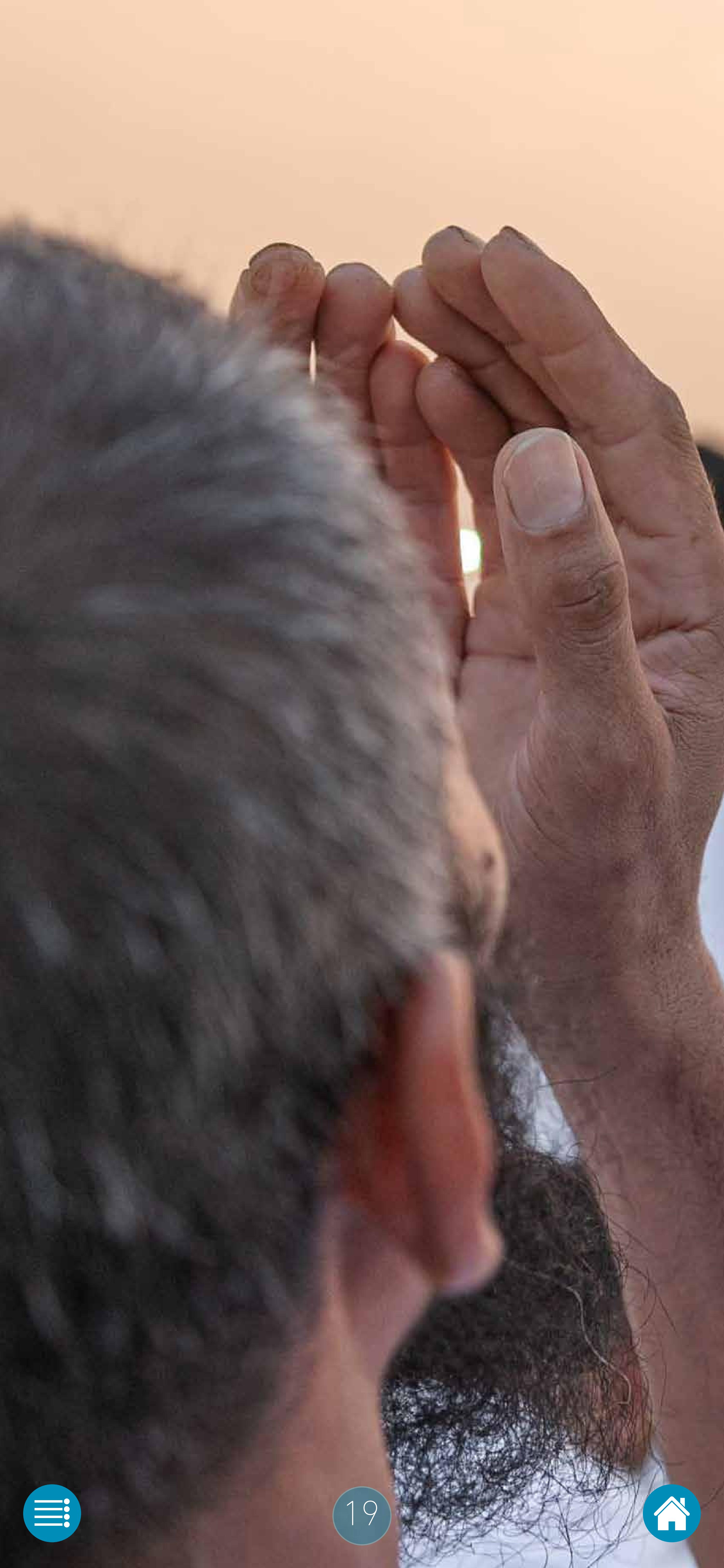


It is possible to reach 'Arafah before this time and leave after it, according to what is easy to the pilgrim, but the time for supplication begins after the sun has passed its zenith.



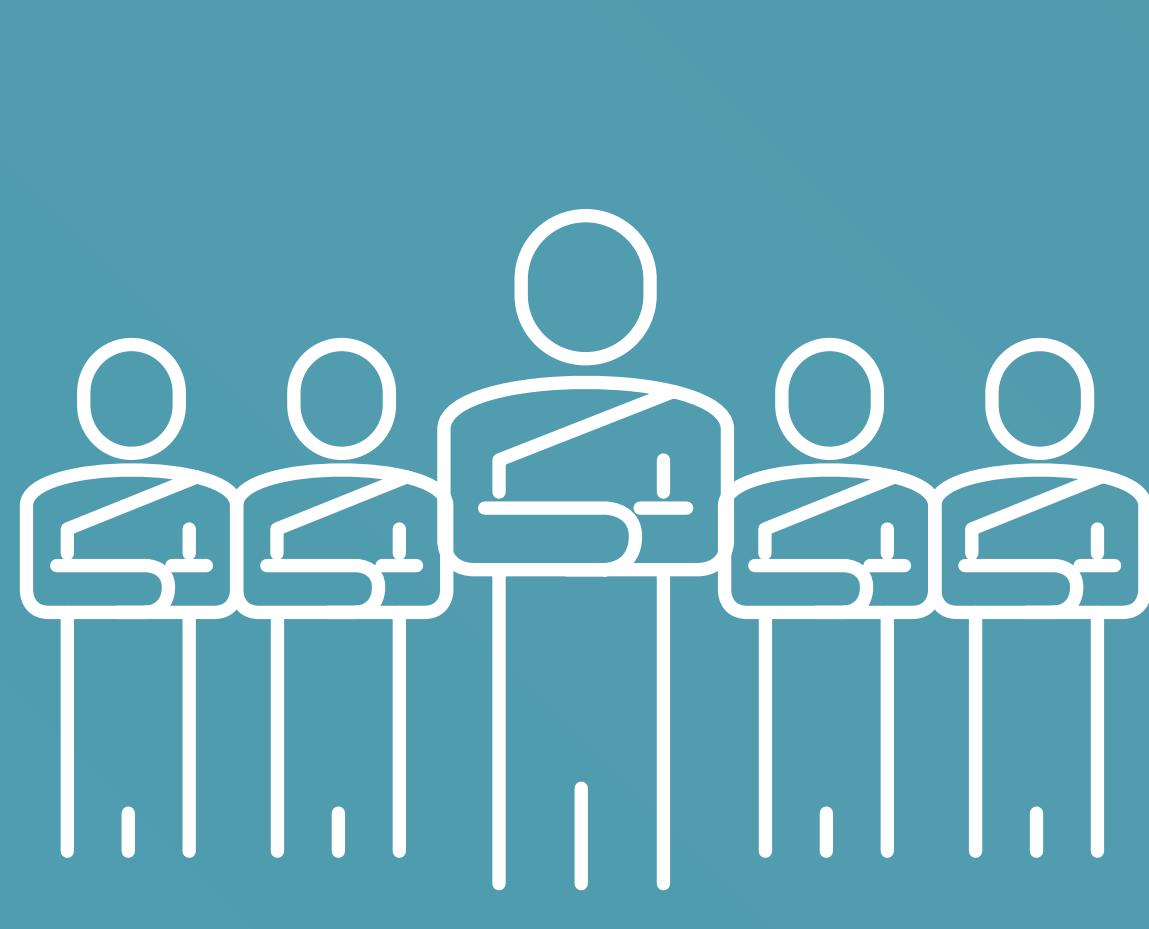
The pilgrim must stay with his group and stick to the fixed times of their transportation and the rules for crowd control.





# How do I spend my time

**Standing in 'Arafah, one experiences moments of faith which are irreplaceable, so the pilgrim must make the best use of his time as he can, by:**



**Combines and shortens** his Zuhra and 'Asr prayers in congregation with the people of his group, immediately after the sun has passed its zenith, or after arrival if he arrived after the zenith.





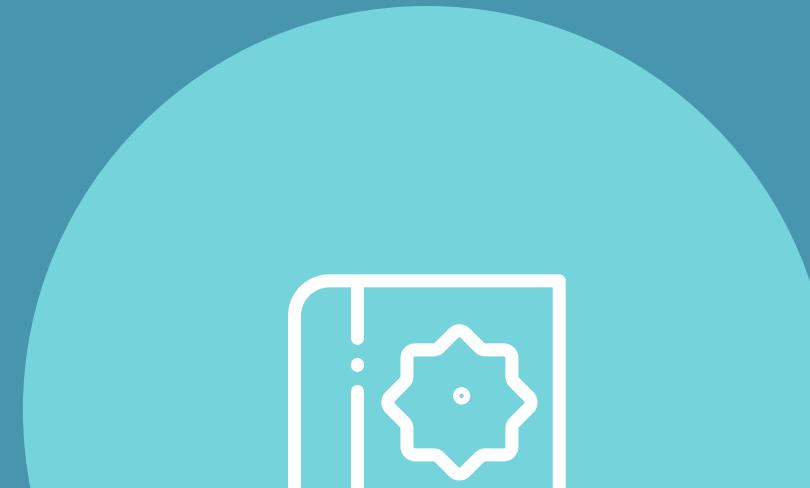
**He should** take care to stay in his camp and not go out except for necessary, as the roads of 'Arafah are very similar and can be difficult to navigate.



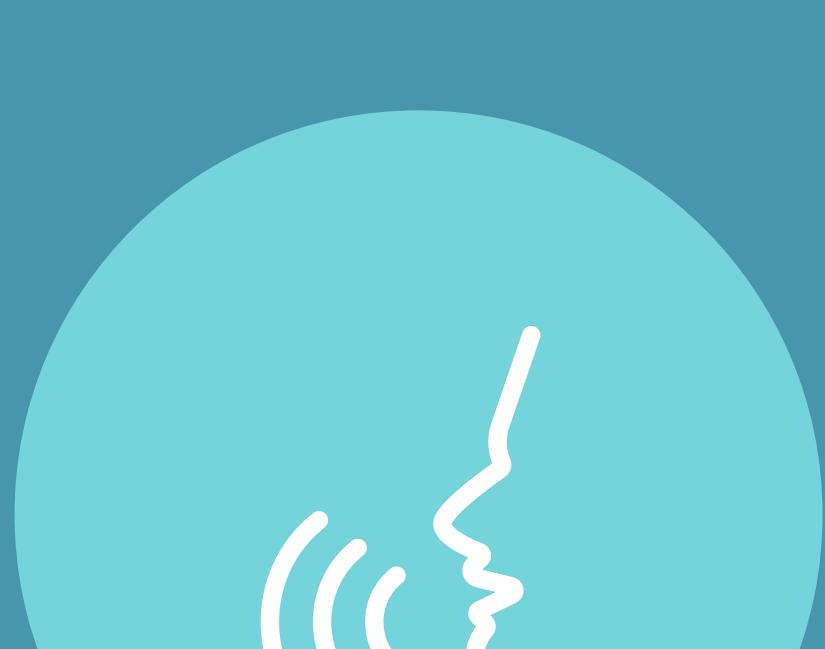
**Using** his time and diversifying his worship to keep himself away from weariness and boredom, and remembering that these are only short moments which will soon pass, while the reward will remain.



**Supplication**



**Reciting  
the Qur'an**



**Reciting  
the Talbiyah**



**Remembering Allah,  
praising Him and  
testifying of His Oneness**



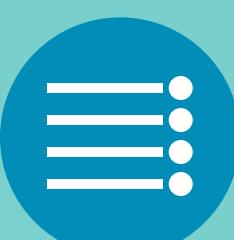


# Supplication of the Day of ‘Arafah

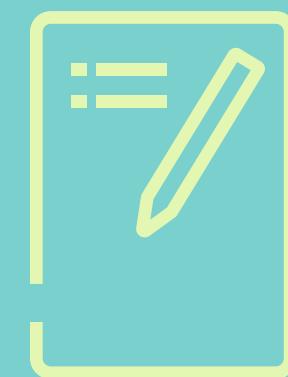


**The best supplication** and the closest to an answer is your supplication made on the Day of ‘Arafah, so take advantage of all the moments with supplication and recourse to Allah.

**Here are some useful ideas for you:**

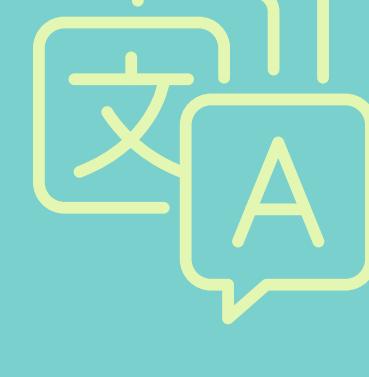


# 1



**Record your concerns** and the things you want to pray for before the day of 'Arafah.

# 2



**Supplicate to Allah in your** language and dialect and in the way closest to your heart, for Allah knows the secret and the most hidden, and the greatest supplication is what the heart and the tongue agree on.

# 3



**Pray for the good of your parents, your family,** your brothers and your friends, and mention them by their names, *“Whoever prays for his brother in his absence, an angel will say to him: And for you the same.”*

# 4



**Pray to Allah for the good** of this world and the Hereafter, and do not be ashamed of supplicating Allah for your worldly needs.



# 5



## Supplicate to Allah by His Beautiful Names

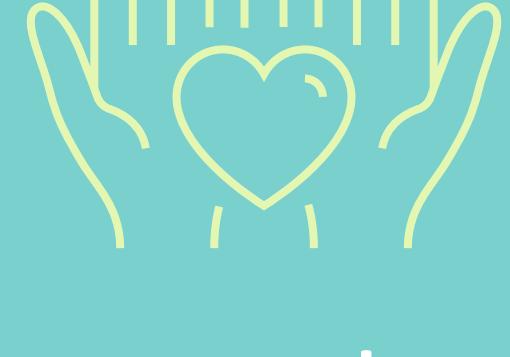
that you know, and say: O Most Merciful (Ra-heem), have mercy on me, O Forgiving (Gha-foor), forgive me, and O Generous (Kareem), be generous to me.

# 6



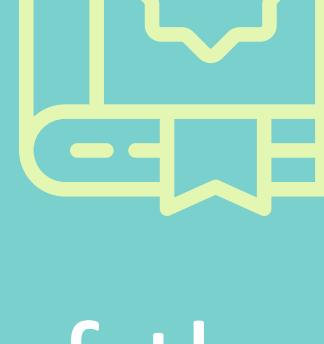
**Repeat the same supplication** many times, for Allah loves consistency in supplication.

# 7

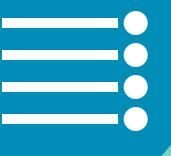


**Summon your heart in supplication** and conjure that Allah, the Exalted, is approaching His servants at this time to answer their supplication.

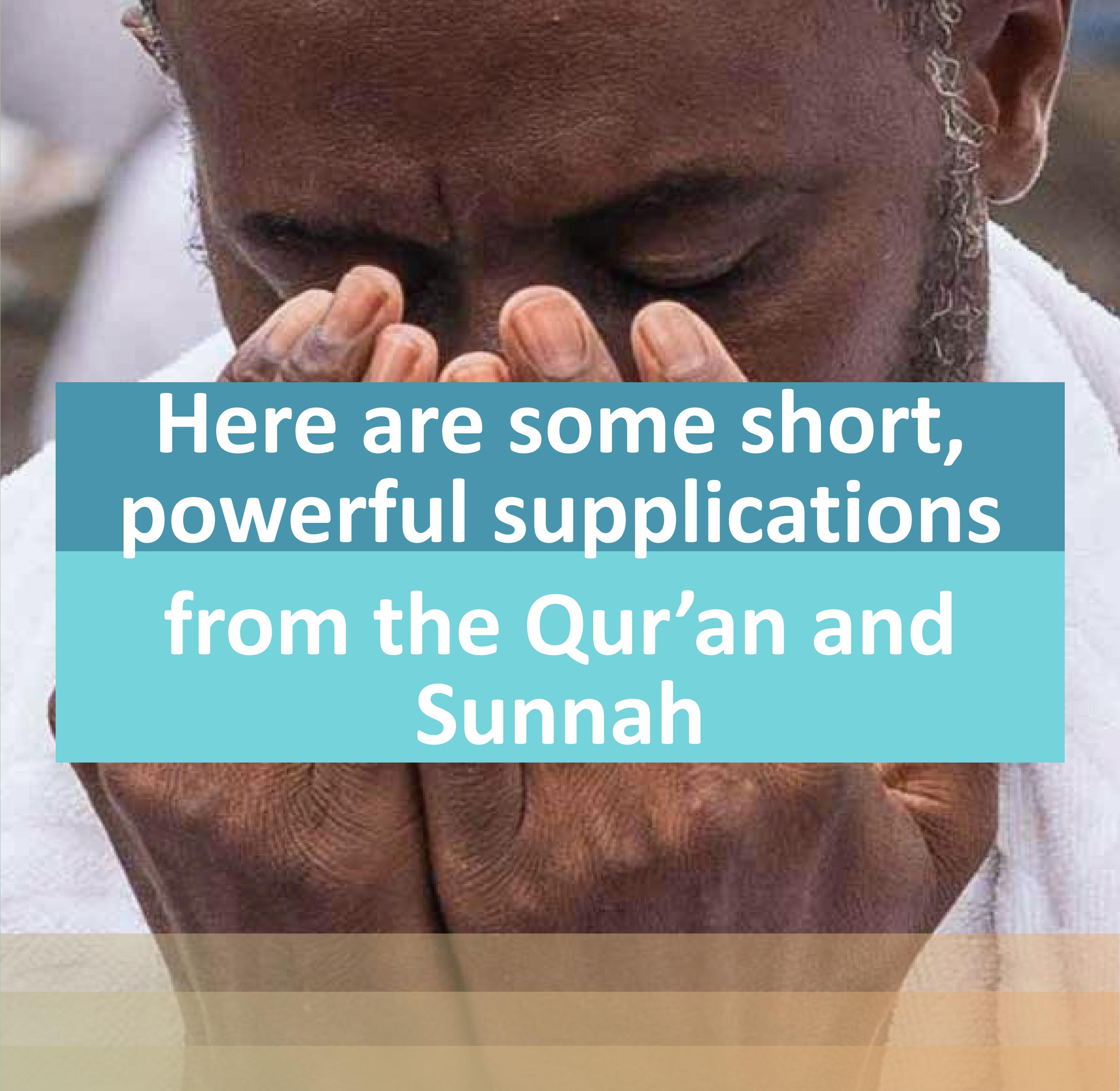
# 8



**Pray to Allah with the supplications** of the Qur'an and the Prophetic supplications which you know. You can use your notes/paper to remind you of these.







# Here are some short, powerful supplications from the Qur'an and Sunnah



*Rabbanaa taqabbal minnaa innaka antas-samee'-ul-'aleem, wa tubb 'alaynaa, innaka antat-tawaabur-raheem* (Our Lord! Accept from us (this duty). Lo! You, only You, are the Hearer, the Knower. And relent toward us. Lo! You, only You, are the Relenting, the Merciful).



*Rabbanaa aatinaa fid-dunyaa hasanatan wa fil-aakhirati hasanatan waqinaa 'adhaab-an-naar* (Our Lord, give us good in this world and good in the Hereafter, and save us from the torment of the Fire).



*Rabbanaa laa tu'aakhidhnaa in naseenaa aw akhta'naa* (Our Lord, do not punish us if we forget or err.)



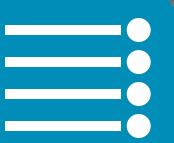
*Rabbanaa wa laa tuhammilnaa maa laa taaqata lanaabihiwa'foo'annaa, waghfirlanaawarhamnaa*  
(Our Lord, do not burden us with what we cannot bear, and pardon us, and forgive us and have mercy on us).



*Rabbanaa laa tuzigh quloobanaa ba'da idh hadaytanaa wa hablanaa min ladunka rahmah, innaka antal-wahhaab* (Our Lord, do not deviate our hearts after You have guided us, and grant us mercy from You, for You are the Bestower).



*Rabbanaa innaa sami'naa munaadiyan yunaadi lil-imani an aaminoow bi rabbikum fa aamanna. Rabbanaa faghfir lanaa dhunoobanaa wa kaffir 'annaasayyi'aatinaa wa tawaffanaa ma'al-abraar. Rabbanaa wa aatinaa maa wa'adtanaa 'aala rusulika wa laa tukhzinaa yawmal-qiyaamati, innaka laa tukhliful-mi'aad.* (Our Lord, we have heard a caller calling us to belief, saying, "Believe you in your Lord!" And we believe. Our Lord, forgive our sins and acquit us of our evil deeds, and take us to You with the pious. Our Lord, give us what You have promised us by Your Messengers, and abase us not on the Day of Resurrection; You wilt not fail the trust.)'





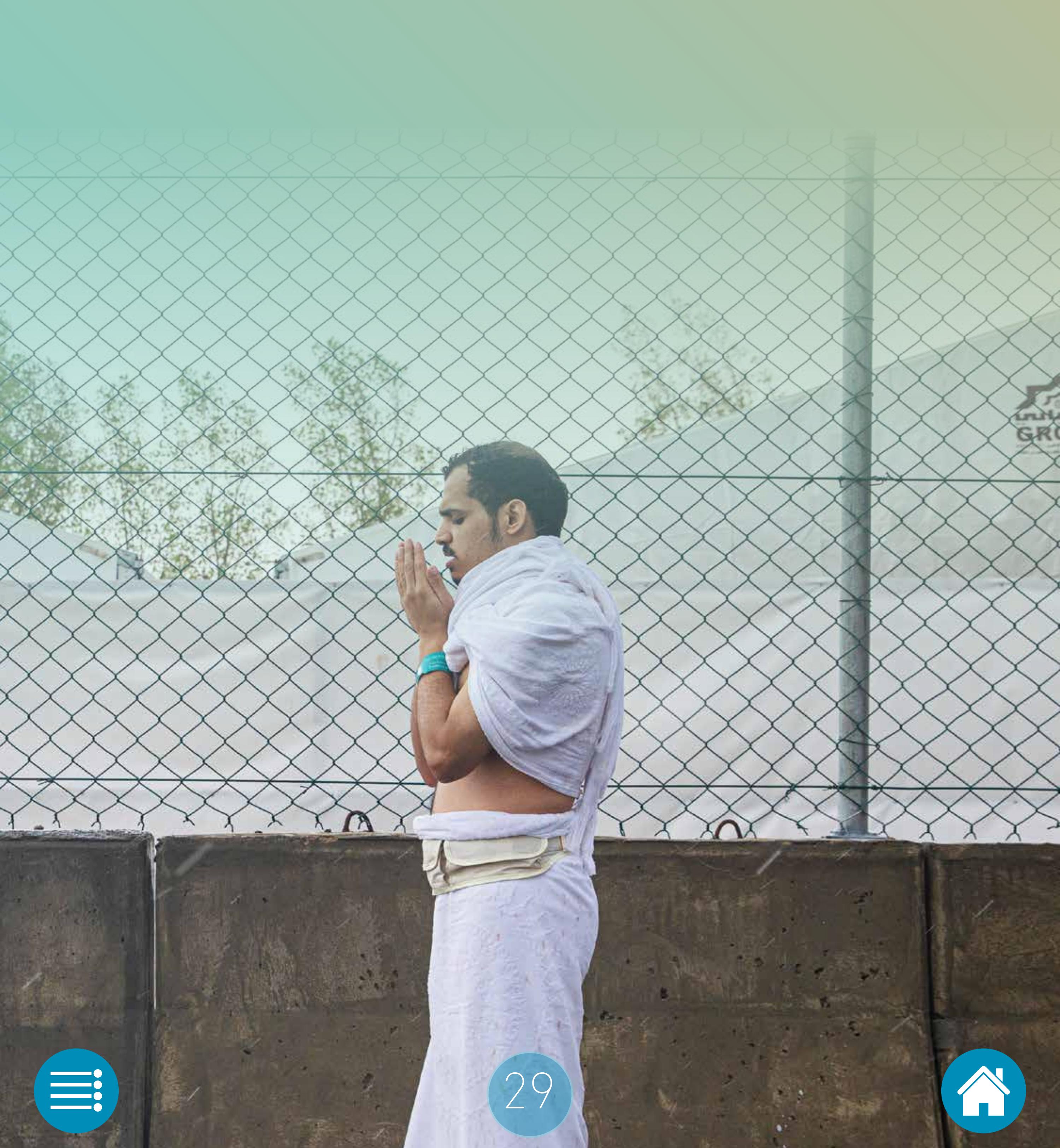
*Rabbanaa dhalamnaa anfusanaa wa in lam taghfir lanaa wa tarhamnaa la nakoonanna minal khaasireen.* (Our Lord, we have wronged ourselves, and if You do not forgive us and have mercy on us, we will surely be among the losers.



*Rabbij-'alni muqeemas-salaati, wa min dhuriyyati. Rabbanaa wa taqabbal du'aai. Rabbanaa aghfirli wa li waalidayya, wa lil mu'mineena yawma yaqoomol-hisaab.* (My Lord! Make me to establish proper worship, and some of my posterity (also); our Lord! and accept my prayer. Our Lord! Forgive me and my parents and all the believers on the Day of Judgement).



*(Laa ilaaha illa anta, subhaanaka, inni kuntu minadh-dhaalimeen* (There is no god but You, Glory be to You, for I was one of the wrongdoers)





*Rabbi awzi'ni an ashkura ni'mataka allati an'amta 'alayya, wa 'aala waalidayya, wa an a'mala saa-lihan tardaahu, wa aslih li fi dhuriyyati. Inni tubtu ilayka wa inni minal-muslimeen.* (My Lord, arouse me to be thankful for Your favour wherewith You have favoured me and my parents, and to do good that shall be pleasing to You, and correct the affairs of my offspring. I have repented to You and I belong to the Muslims).



*Rabbanaa-gh-fir-lanaa wa li ikhwaaninaa-ladheena sabaqoona bil-imaani, wa laa taj'al fi quloobinaa ghillan lil-ladheena aamanoow. Rabbanaa innaka ra'oofun raheem.* (Our Lord! Forgive us and our brothers who were before us in the faith, and place not in our hearts any rancour toward those who believe. Our Lord! You are Full of Pity, Merciful.



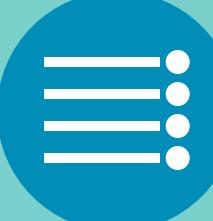
*Allaahumma inni as'alukal-hudaa wat-tuqaa wal-'afaafa wal-ghinaa (O Allah! I ask You for guidance, piety, chastity and self- sufficiency)".*

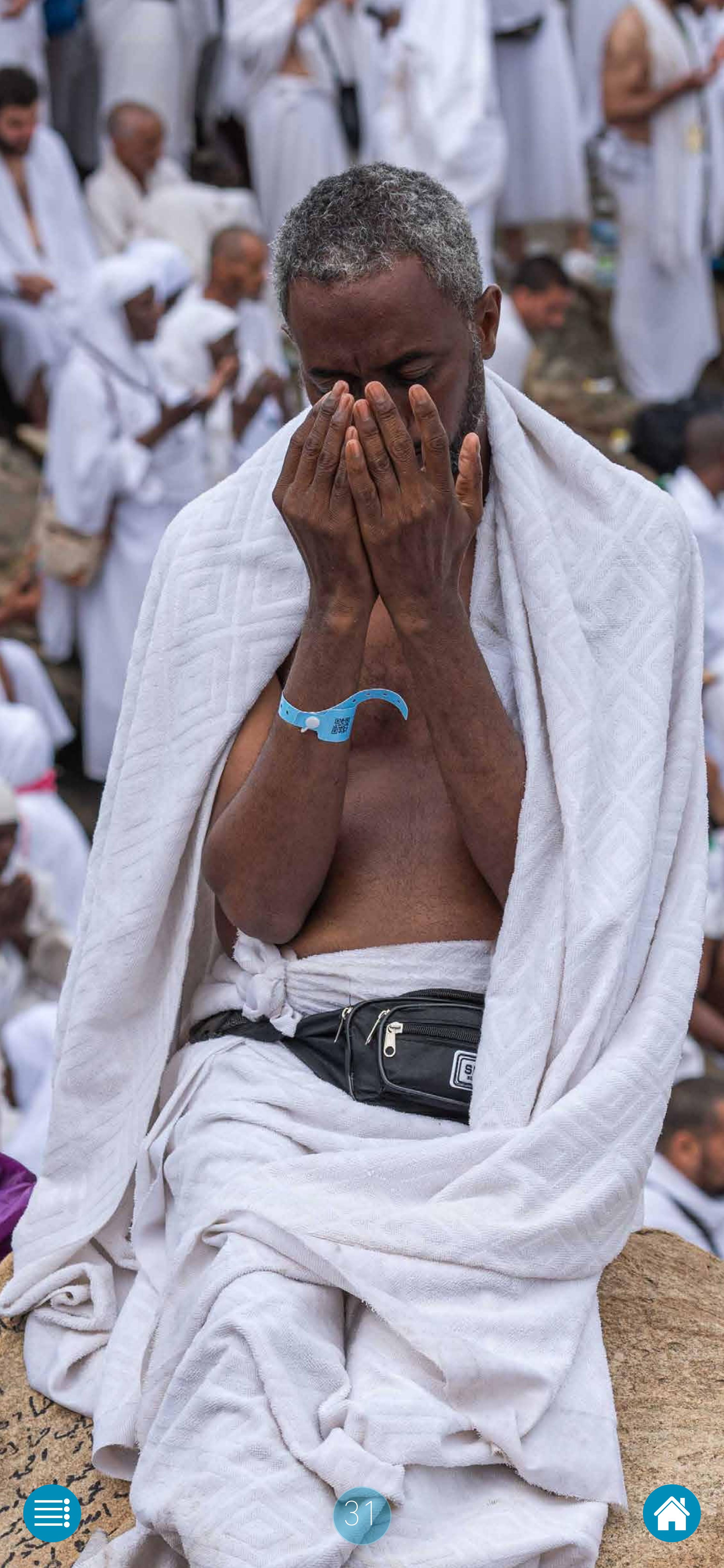


*Yaa muqallib al-quloobi, thabbit qalbi 'ala deenika (O Allah, turner of the hearts, make my heart steadfast on Your religion).*



*Allaahumma aati nufoosanaa taqwaahaa wa zakkihaa. Anta khayrun man zakkaahaa. Anta walliyuhaa wa mawlaahaa (O Allah, give our souls fear of You and purify them, You are the best of those who purify it, You are their Patron and Master)*







*Allaahumma zidnaa wa laa tanqusnaa, wa akrimnaa wa tuhinnaa. Wa a'tinaa wa laa tahrinnaa. Wa aathirnaa wa laa tu'thir 'alaynaa. Wa ardinaa warda 'annaa* ( "O Allah, give us more and do not give us less; honour us and do not humiliate us; give us and do not withhold from us; choose us and do not prefer others to us; please us and be pleased with us.)



*Allaahumma-dinee fi man hadayt, wa 'aafinee fi man 'aafayt, wa tawallanifi man tawallayt, wa baarik li fi maa a'tayt, waqini sharra maa qadayt, innahu laa yadhillu man waalayt, tabarakta Rabbanaa wa ta'aalayt* ( O Allah, guide me with those whom You have guided, and strengthen me with those whom You have given strength. Take me to Your care with those whom You have taken to Your care. Bless me in what You have given me. Protect me from the evil You have ordained. Surely, You command and are not commanded, and none whom You have committed to Your care shall be humiliated [and none whom You have taken as an enemy shall taste glory]. You are Blessed, Our Lord, and Exalted).

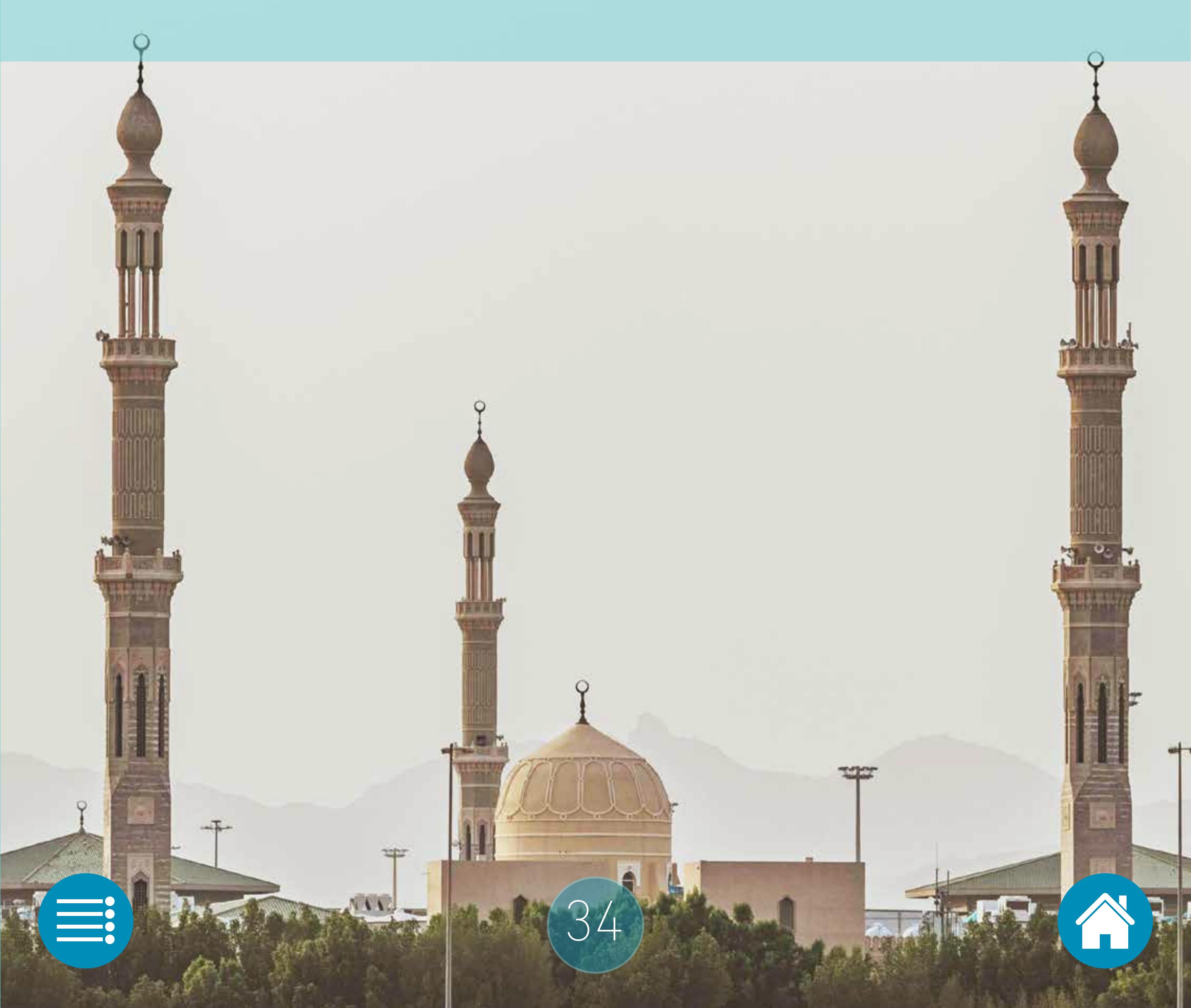




# The Nimrah Mosque

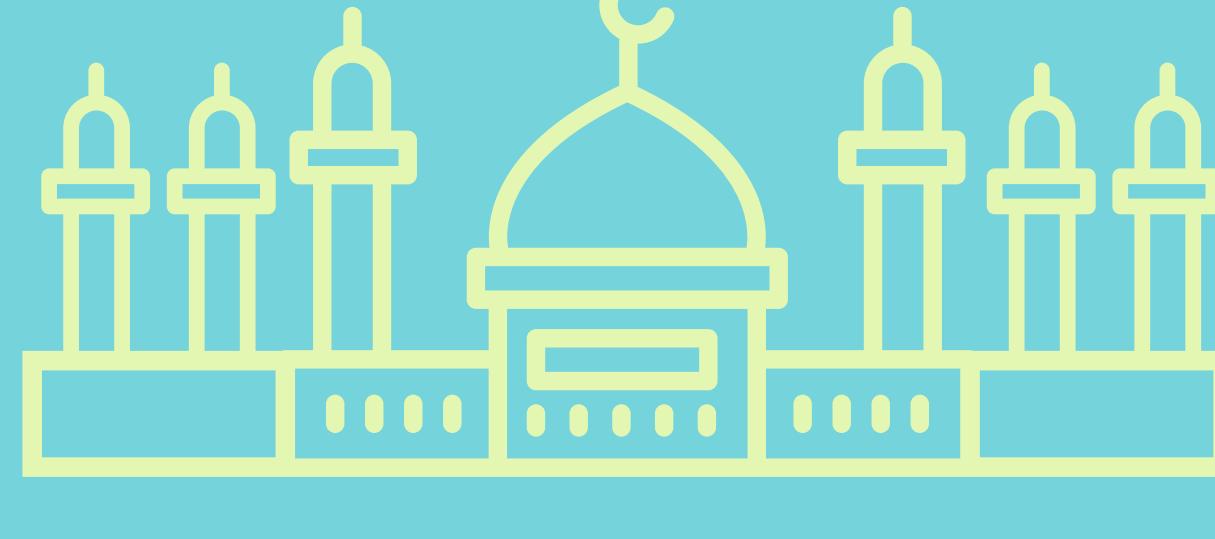
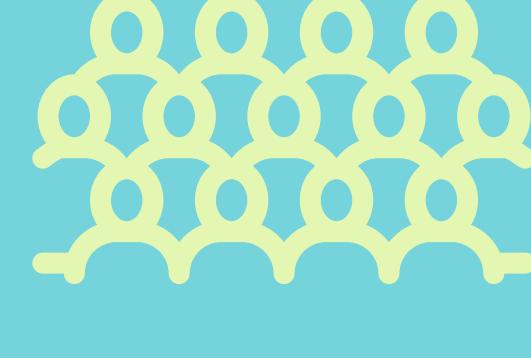
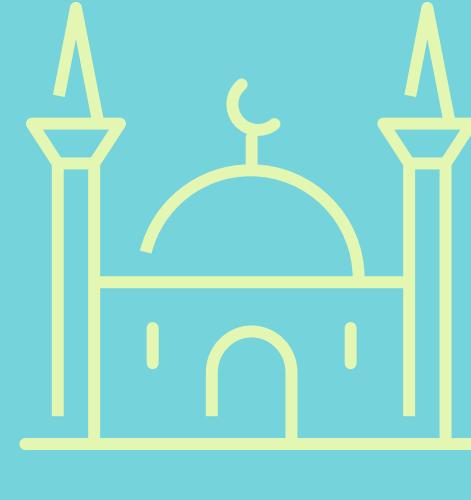
A mosque built in the place where the Messenger of Allah ﷺ prayed and delivered the farewell sermon.

The Dhuhra and 'Asr prayers and the sermon on the Day of 'Arafah are held in it, which are broadcast by Islamic television and radio stations on the Day of 'Arafah.



**It is a great mosque** which the Kingdom of Saudi Arabia has taken great care in expanding and caring for, until it reached an area of **110,000** square metres (1,184,030 square foot) and accommodated more than **350,000** worshippers.

It has **6** minarets on its edges with a height of **60** metres (197 foot), which can be seen from the various sides of 'Arafah.



**The pilgrim should** take care not to expose himself to losing his way or getting a heat stroke by trying to pray in the Nimrah Mosque. Rather, he should pray in his camp and should not leave it except for necessity.

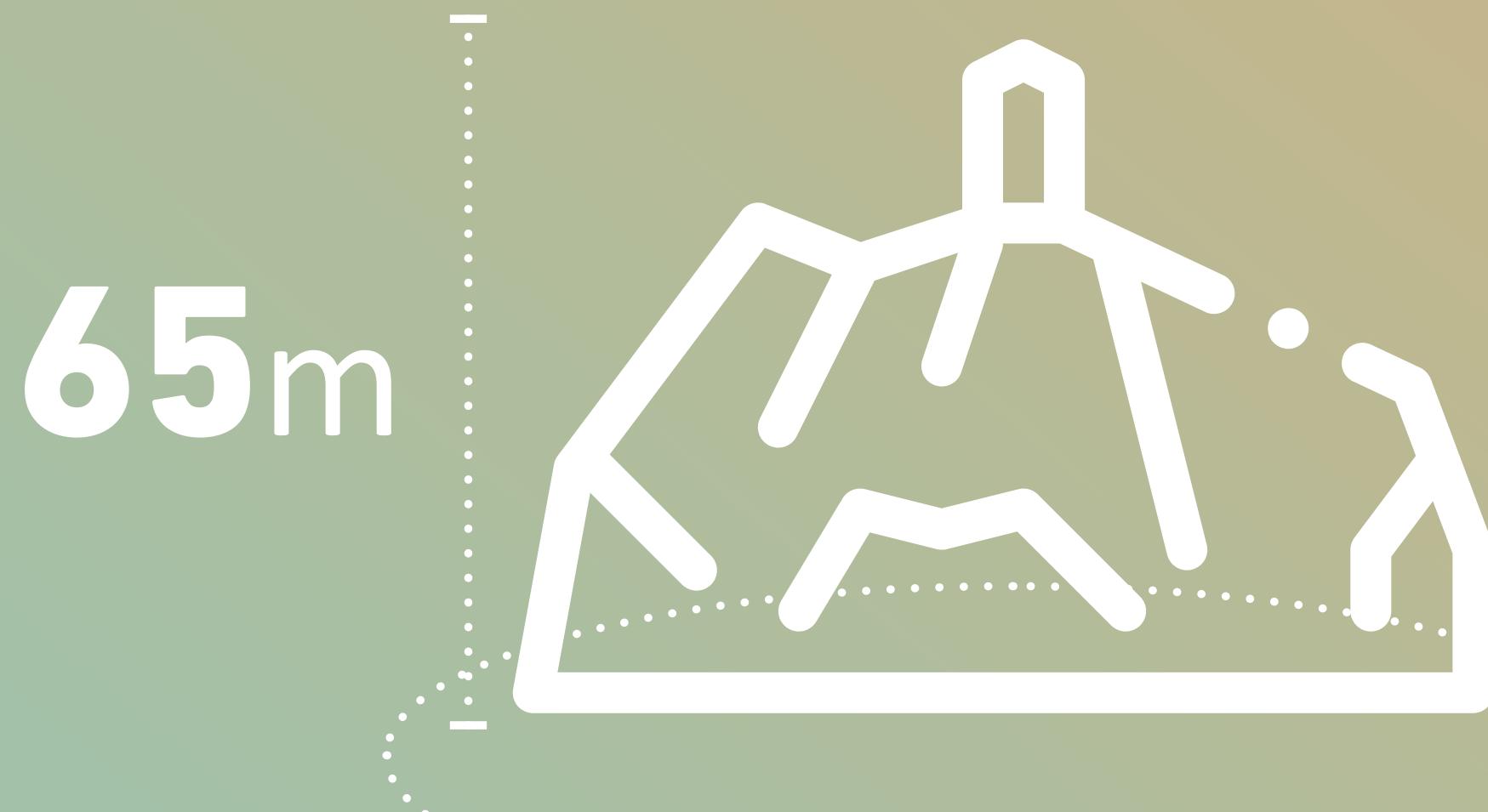




# Mount 'Arafah



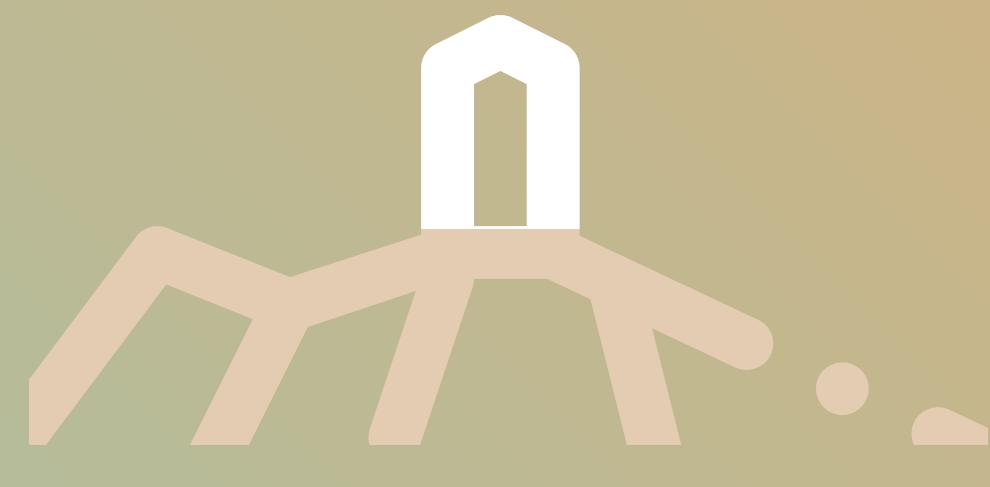
**A Mount with a small, flat-surfaced ridge of a large area, made of large black, hard rocks.**



**640m**

**The base of the mountain** is **65** metres (213 foot) higher than the surrounding ground.

It has a circumference of **640** metres (700 yards).



**On the top of the mountain** there is a sign with a height of **7** metres (23 foot), on which some warnings are written.

**The mountain is called by different names such as Mount 'Arafah, Mount Tawbah (Repentance), and Mount Rahmah (Mercy).**

**Mount  
'Arafah**

**Mount  
Tawbah**

**Mount  
Rahmah**

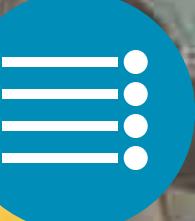
**The Messenger** of Allah ﷺ stood at the bottom of the mountain and did not climb it. When he stood there, he said: **“I stand still right here, but all of 'Arafah is a place for standing.”**



**It is not prescribed for a Muslim** to go to the mountain or to climb it, for our role model, the Messenger of Allah ﷺ never climbed it, nor did the Companions or their followers (Tabi'oon).

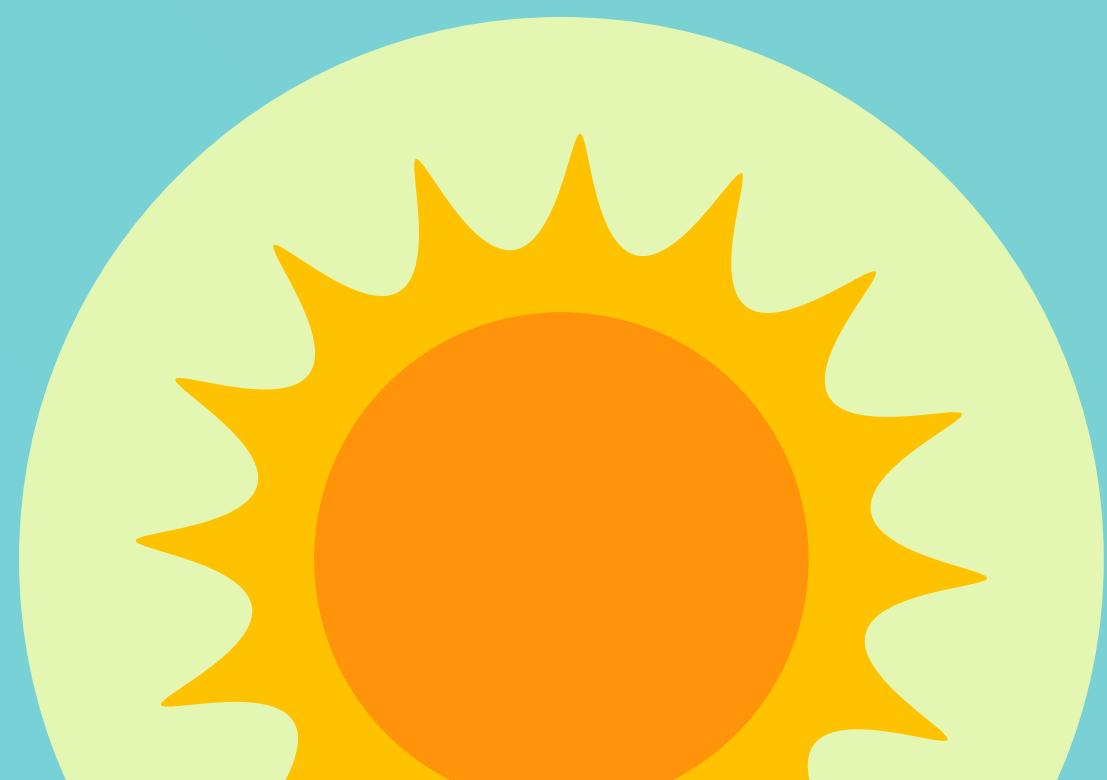
**The pilgrim must adhere** to the location of his own group in 'Arafah so that he does not get lost or harm himself in the sun and heat, and following the words of the Messenger of Allah ﷺ “I stand still right here, but all of 'Arafah is a place for standing.”



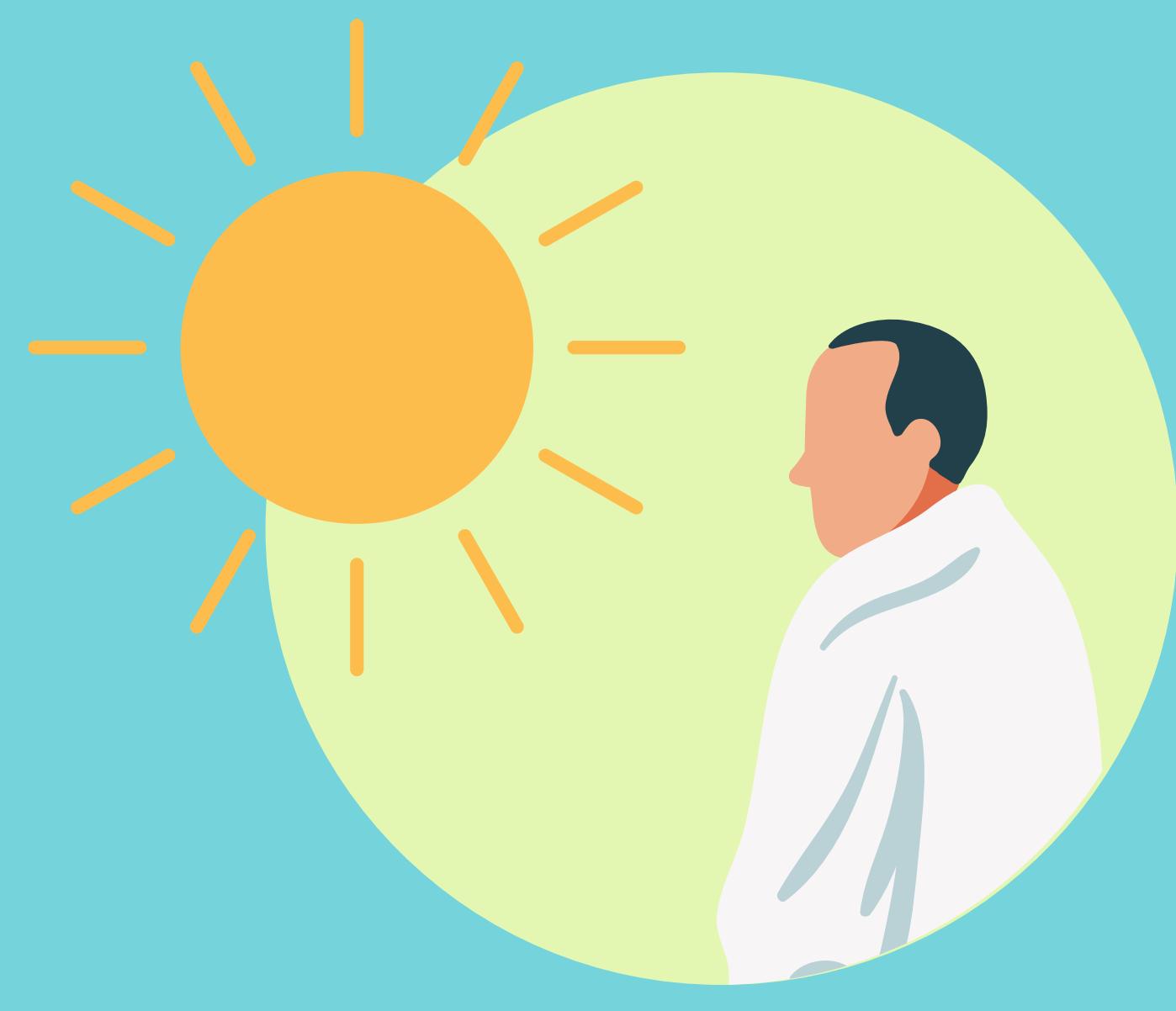




# Beware of heat strokes



**Pilgrims lose large amounts of fluid through perspiration, and it is always recommended to drink sufficient amounts of water and juices to compensate for this.**



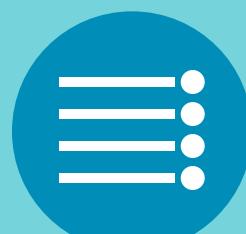
**Avoid going out in the sun unnecessarily.**



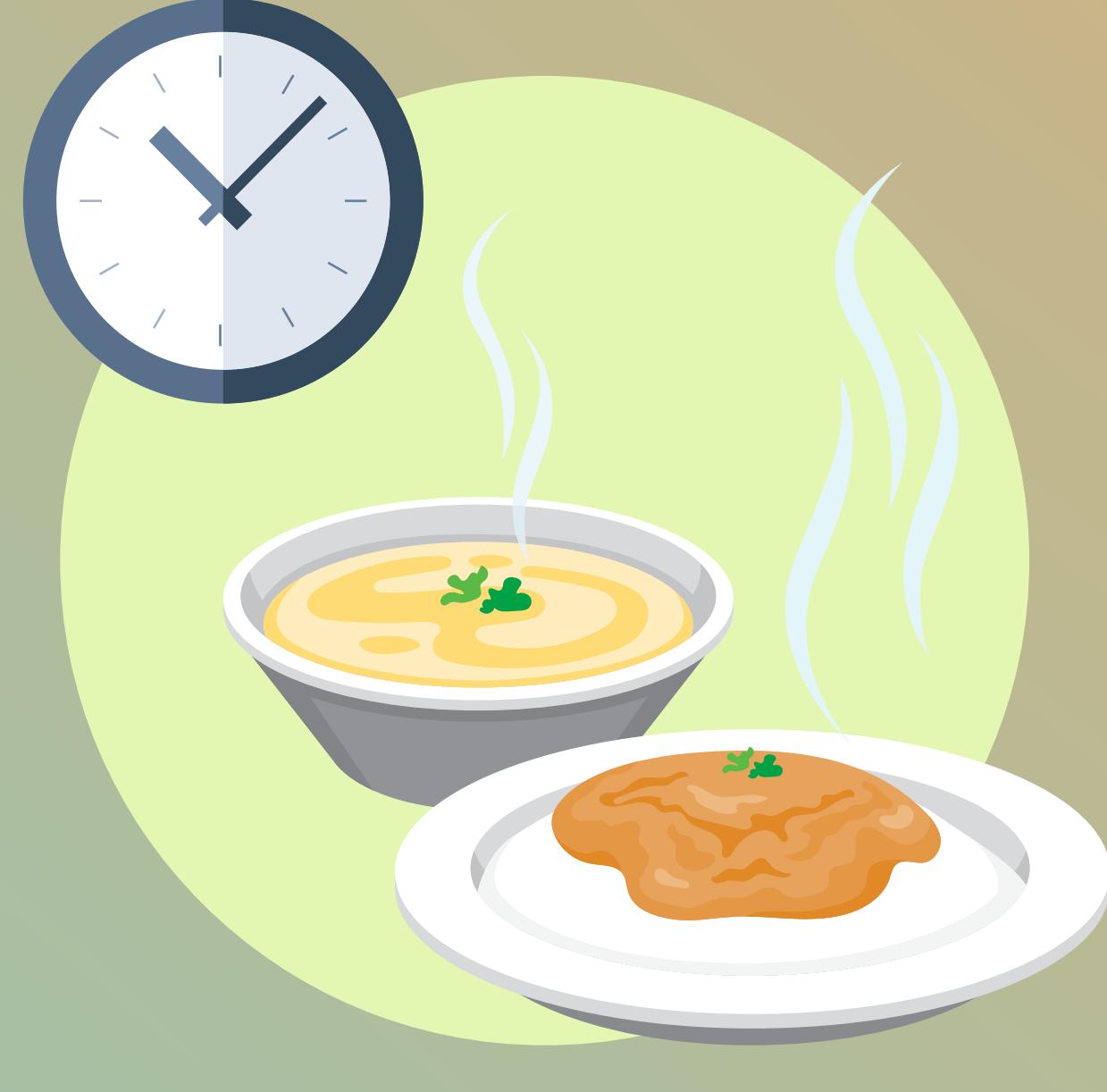
**When you go out** during the day, avoid direct exposure to the sun and use a light coloured parasol.



**Get enough sleep** at night as much as possible and avoid staying up late, because lack of sleep exposes the body to stress and weak resistance.

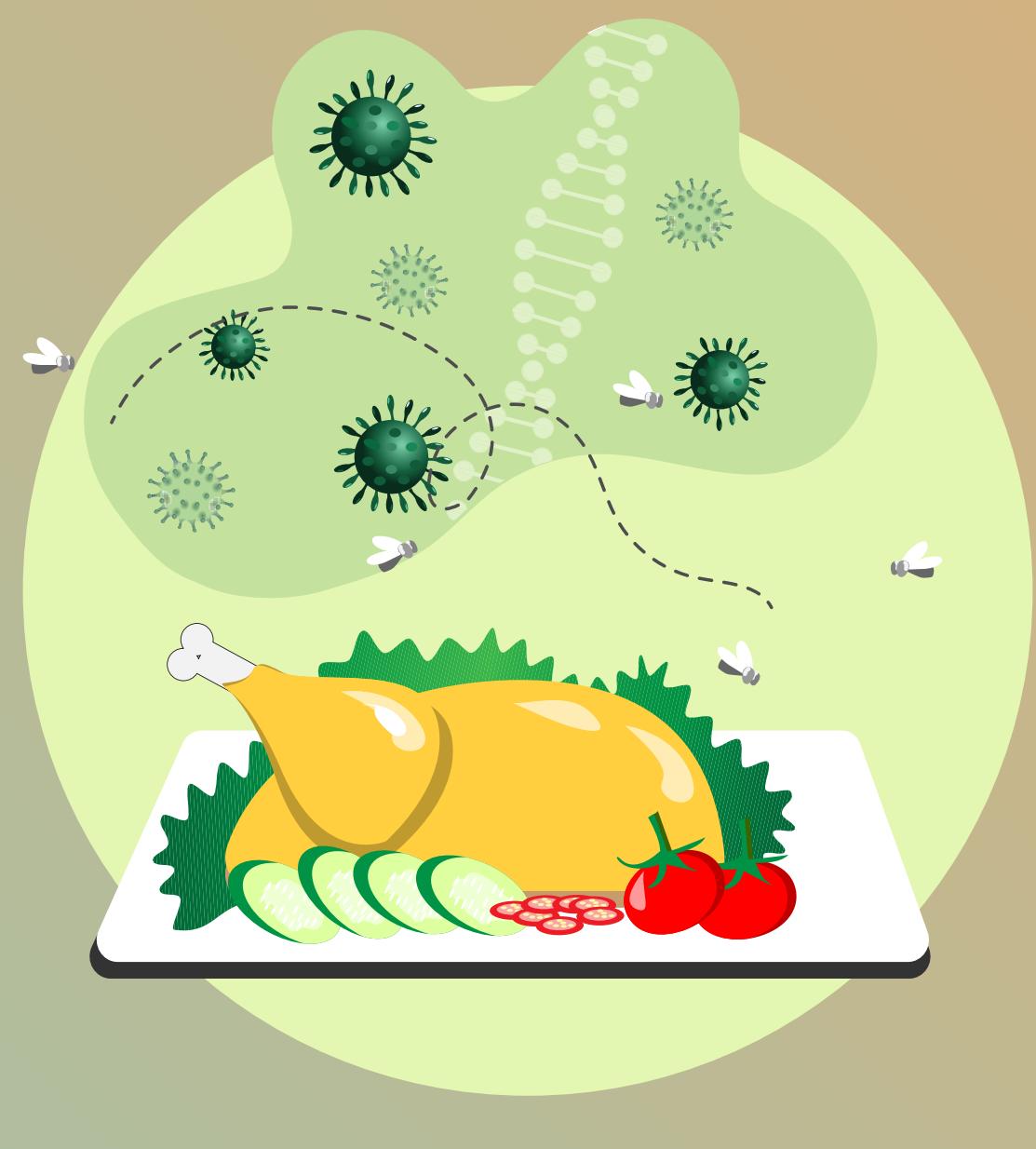


# To prevent you from food poisoning



**Avoid storing cooked food or eating it a long time after buying it, especially while moving for long periods of time.**





**Be careful.** when storing cooked food at room temperature for more than two hours leads to the proliferation of germs and the possibility of food poisoning.



**Make sure** to wash fruits and vegetables thoroughly before eating them.

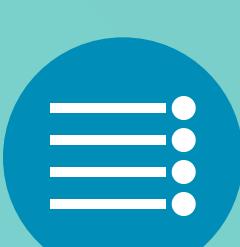


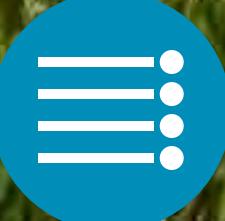
**Do not buy food** from street vendors.





Make sure to eat an appropriate amount of food and drink including plenty of fluids such as water and juices.



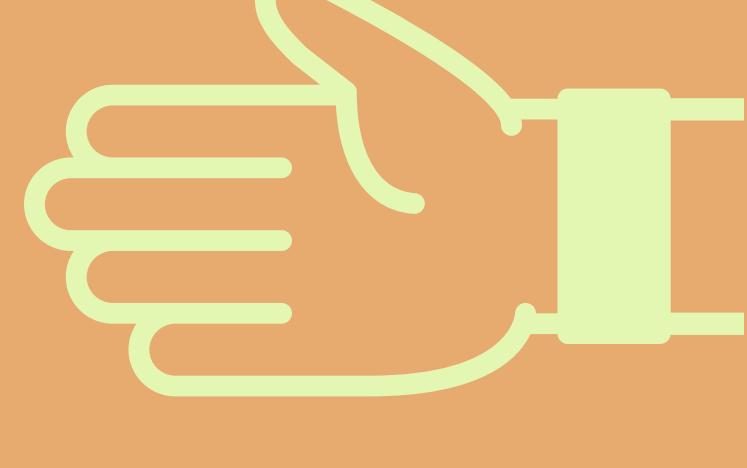




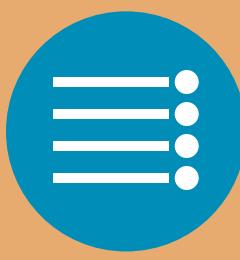
# Provided services at 'Arafah



Your group usually sets up a camp for its members which includes a resting place and private toilets for your group.



Make sure to wear the bracelet of your group to benefit from the services provided by the camps.



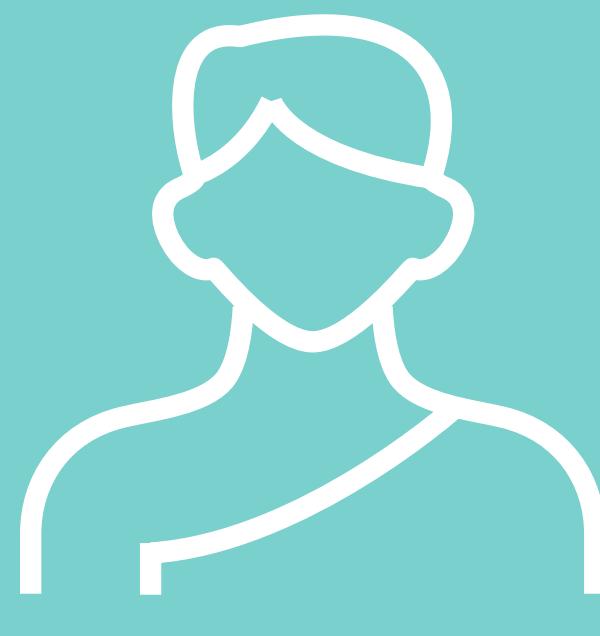
# Going from 'Arafah

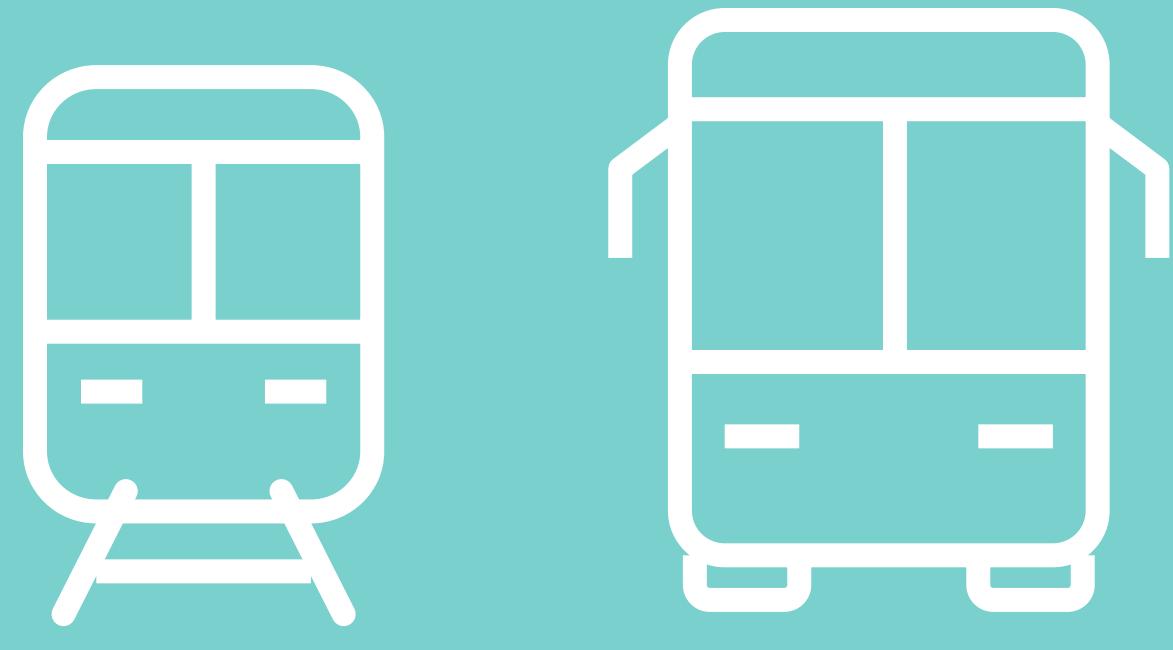
## to Muzdalifah in groups

Be sure to adhere to the instructions given by the Mutawwif (Hajj guide) for the time of leaving the camp in 'Arafah, so as not to be exposed to crowding and losing your way.

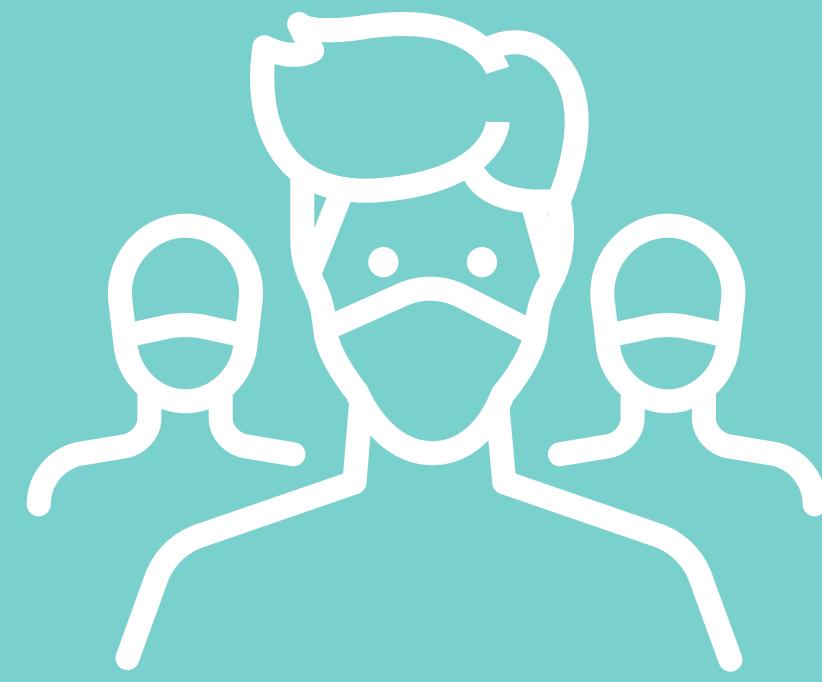


Make sure you are ready when it's time to travel to Muzdalifah.



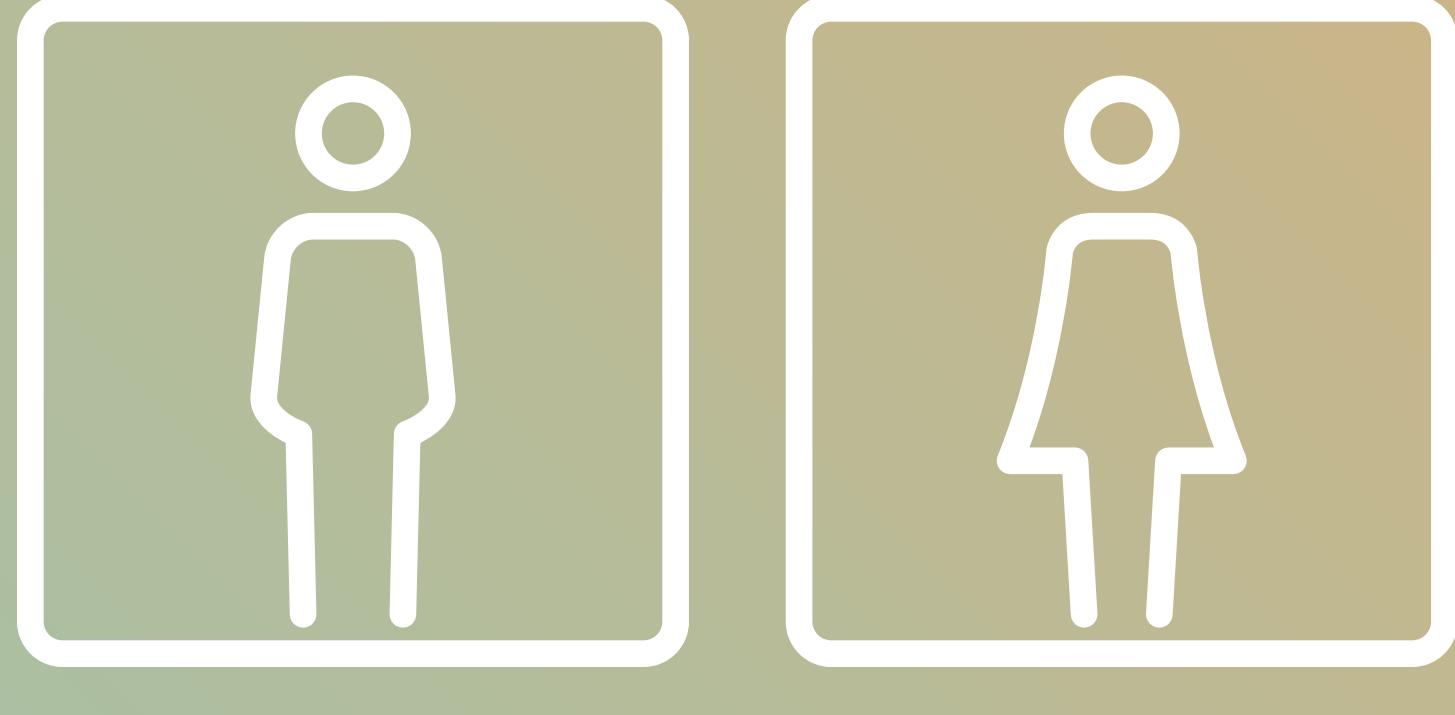


**Adhere to the means of transportation of your own group, whether it is by bus or by metro.**



**Do not crowd, do not rush, and remain calm, for the Messenger of Allah ﷺ used to take the reins of his she-camel and say: “Be calm, be calm, for piety does not consist in going quickly.”**

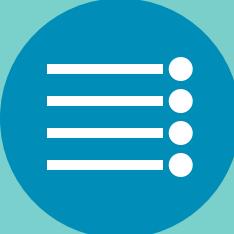




**Make sure to go to the toilet** before you leave the camp, because your arrival to Muzdalifah may be delayed for any reason.



**Be sure to be lenient and polite.** Restrain yourself, and stay away from arguments as much as you can, in compliance with the Words of Allah the Exalted: *“...who so undertakes the duty of Pilgrimage in them shall not go in to his womenfolk nor indulge in ungodliness and disputing in the Pilgrimage.”*







# Instructions for using the Almashaaer Metro Line



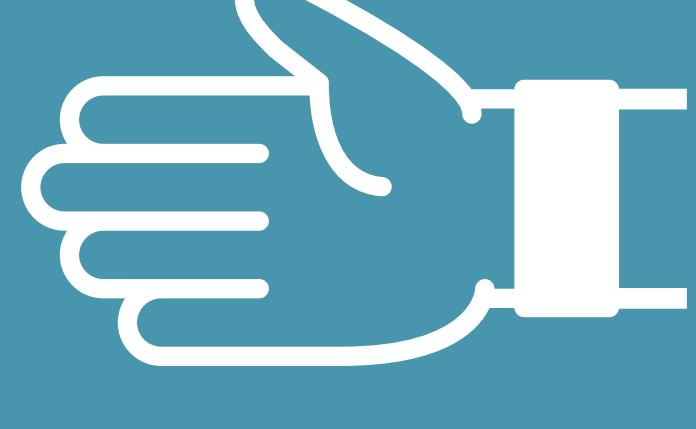
**Adhere to the instructions of your guide, the control officers and the security services.**



**Adhere to the timetable** for sending the groups of pilgrims to the metro stations.



**It is not allowed** to bring luggage on the train.



**Keep the bracelet** on your wrist for the duration of the Hajj.



**It is forbidden** to lie down in the stations so as not to hurt or disrupt the flow of the pilgrims.

# Checklist

Remember to carry with you as you go to 'Arafah :

- Mobile charger or portable charger
- Specific Medication
- Asthma inhaler
- Small amount of cash in Saudi Riyals
- Rash relief creams
- A copy of the Qur'an
- Comfortable walking shoes
- Personal Purse
- Train ride bracelet
- ID card



# 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 that facilitate you to perform the Hajj rituals with ease and confidence.



Strategic partner

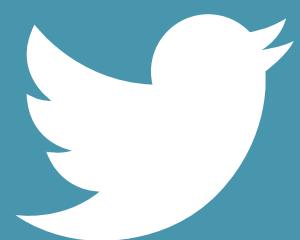


GENERAL AUTHORITY FOR AWQAF

الهيئة العامة للأوقاف

May Allah accept  
your deeds  
and efforts

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