Sukon

The Sukon Hajj & Umrah Guide

Every step of Umrah and Hajj, explained simply — with duas and a day-by-day plan

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1. Why Hajj and Umrah matter

Hajj is the fifth pillar of Islam. It is required once in a lifetime from every adult Muslim who is physically and financially able. Umrah, the "lesser pilgrimage", can be done at any time of the year and is a highly rewarded Sunnah.

> *"And Hajj to the House is a duty that people owe to Allah — for those who can make the journey."* — Quran, Surah Al Imran 3:97

> *"Whoever performs Hajj and does not commit obscenity or wrongdoing returns like the day his mother gave birth to him."* — Sahih al-Bukhari 1521

> *"An Umrah is an expiation for what is between it and the next Umrah, and an accepted Hajj has no reward except Paradise."* — Sahih al-Bukhari 1773

Both journeys are a return to Allah: leaving home, wealth and status behind, dressed in two simple sheets, standing beside millions of believers from every land and language.

2. Before you travel

- Make sincere intention for Allah alone, and pay off debts or arrange their payment.
- Ask forgiveness from family and friends; settle disputes.
- Write a simple will (wasiyyah) and leave it with your family.

- Learn the steps and duas before you go — this guide is enough to start.
- Carry two sets of ihram (men), comfortable footwear, unscented soap, a small bag, any medicines and copies of documents.
- Indian pilgrims apply for Hajj through the Haj Committee of India or a registered Hajj Group Organiser; always check the official process and dates for the year.

Keep a small notebook of the duas you want to make for yourself, your parents, your family and the whole Ummah. Many pilgrims say the most precious moments were the ones they had prepared for.

3. Umrah step by step

1. Ihram at the miqat: take a bath (ghusl), men wear two white unstitched sheets, women wear modest everyday clothes. Make the intention for Umrah and begin the Talbiyah.
2. Talbiyah: “Labbayk Allahumma labbayk, labbayka la sharika laka labbayk, innal-hamda wan-ni‘mata laka wal-mulk, la sharika lak.” Repeat it often until you reach the Ka‘bah.
3. Tawaf: walk seven rounds around the Ka‘bah anticlockwise, starting and ending at the Black Stone, making dhikr and dua in any language.
4. Two rak‘ahs behind Maqam Ibrahim (or anywhere in the Masjid if crowded), then drink Zamzam.
5. Sa‘i: walk seven times between Safa and Marwah, starting at Safa and ending at Marwah, remembering the patience of Hajar.
6. Halq or taqsir: men shave the head or cut the hair short; women cut a fingertip’s length. Your Umrah is complete and the restrictions of ihram end.

Talbiyah

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ، لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ، إِنَّ الْحَمْدَ وَالنِّعْمَةَ لَكَ وَالْمُلْكَ، لَا شَرِيكَ لَكَ

Labbayk Allahumma labbayk, labbayka la sharika laka labbayk, innal-hamda wan-ni‘mata laka wal-mulk, la sharika lak

Here I am, O Allah, here I am. Here I am, You have no partner, here I am. All praise, blessings and dominion are Yours. You have no partner.

Sahih al-Bukhari 1549

Between the Yemeni corner and the Black Stone it is a beautiful Sunnah to say: “Rabbana atina fid-dunya hasanah wa fil-akhirati hasanah wa qina ‘adhaban-nar” (Quran 2:201).

4. The five days of Hajj

Day	Date	What happens
Day 1	8 Dhul Hijjah	Enter ihram (if not already), go to Mina, pray Dhuhr to Fajr there, shortening four-rak‘ah prayers.
Day 2	9 Dhul Hijjah — Day of Arafah	Go to Arafah. Stand in dua from

		after midday until sunset — this is the heart of Hajj. After sunset go to Muzdalifah, pray Maghrib and Isha together, rest and collect pebbles.
Day 3	10 Dhul Hijjah — Eid	Stone the big Jamrah (Jamrat al-ʻAqabah) with seven pebbles, offer the sacrifice, shave or trim, then perform Tawaf al-Ifadah and saʻi.
Days 4–5	11–12 Dhul Hijjah	Stay in Mina and stone all three Jamarat each day after midday, seven pebbles each, small then middle then big. You may leave on the 12th before sunset, or stay for the 13th.
Last	Before leaving Makkah	Tawaf al-Wadaʻ, the farewell tawaf.

> *"Hajj is Arafah."* — Jami at-Tirmidhi 889

On the Day of Arafah, keep your phone away, face the Qiblah, raise your hands and pour out your heart. Ask for forgiveness, for guidance, for your parents and for every person who asked you to pray for them.

5. Rules of ihram and common mistakes

- In ihram do not use perfume, cut hair or nails, hunt, argue, or have marital relations.
- Men do not cover the head or wear stitched clothes; women do not wear niqab or gloves, but cover modestly.
- If you break a rule by mistake, it may require a fidyah (sacrifice, fasting or charity) — ask a scholar.
- Do not push or harm others at the Black Stone; pointing towards it from a distance is enough.
- Do not delay prayers in Mina and Arafah — pray on time with the congregation.

Every school of thought has small differences in the details. Follow the guidance of your group's scholar, and on Sukon you can ask a verified scholar free of charge.

6. Duas for the journey

When starting a journey

سُبْحَانَ الَّذِي سَخَّرَ لَنَا هٰذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ، وَإِنَّا إِلٰى رَبِّنَا لَمُنْقَلِبُونَ

Subhanal-ladhi sakhkhara lana hadha wa ma kunna lahu muqrinin, wa inna ila Rabbina lamunqalibun

Glory be to Him who has placed this at our service; we could not have done it ourselves, and to our Lord we will return.

Quran 43:13–14; Sahih Muslim 1342

Between the two corners

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Rabbana atina fid-dunya hasanah wa fil-akhirati hasanah wa qina ʻadhaban-nar

Our Lord, give us good in this world and good in the Hereafter, and protect us from the punishment of the Fire.

Quran 2:201

Return home humble, gentle and grateful. The sign of an accepted Hajj, the scholars say, is a better life after it.

A note on this book

This guide is general guidance written to be accepted by the major schools, with differences noted where they matter. For a question about your own situation, ask a verified scholar on Sukon — always free.

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