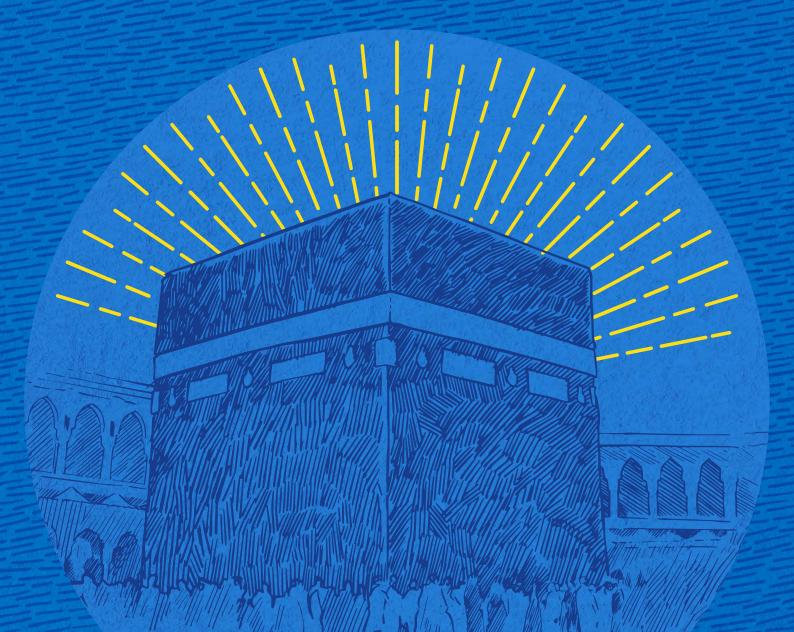


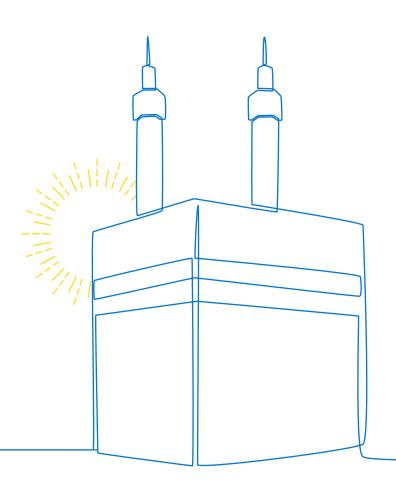
# Step-by-Step Guide to Hajj





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# What is Hajj?

Each year, millions of Muslims from all across the world perform Hajj, the sacred pilgrimage and the fifth pillar of Islam.

Hajj takes place in Makkah, in modern day Saudi Arabia, during the holy month of Dhul Hijjah, the 12th month in the Islamic calendar.

Hajj is a spiritual duty and a pillar of Islam, meaning that Hajj must be performed by every Muslim at least once in their lifetime, so long as they are financially, physically, and emotionally able to do so. Going more than once during your lifetime is permitted whilst sincerely seeking Allah's (SWT) pleasure.

### Allah (SWT) says to the Muslims in the Qur'an:

"And [due] to Allah from the people is a pilgrimage to the House - for whoever is able to find thereto a way. But whoever disbelieves - then indeed, Allah is free from need of the worlds."

Qur'an | 3:97

For anyone preparing to perform Hajj, it's an incredibly exciting time, but also a time of great spiritual importance – the first time going can be a once in a lifetime experience for a Muslim.

The Hajj is a test of patience and temperament - a spiritual, emotional, and physical challenge. However, it offers Muslims the opportunity to refresh spiritually, to cleanse themselves away from sins and to draw closer to Allah (SWT).

As Prophet Muhammad (peace and blessings be upon him) said:

"Whoever performs Hajj for the sake of Allah and does not utter any obscene speech or do any evil deed, will go back (free of sin) as his mother bore him."

Hadith | Bukhari and Muslim

Hajj takes place each year between the 8th and 12th of Dhul Hijjah, in accordance to the Hijri calendar. The Gregorian date will vary year to year.

This handy and comprehensive Hajj guide will help you understand the different aspects of the holy pilgrimage, from its origin, to how to perform Hajj.

# When does Hajj take place?

Hajj takes place between the 8th and the 12th or 13th of Dhul Hijjah each year, depending on the sighting of the moon.

Dhul Hijjah is the twelfth month in the Islamic calendar and holds some of the most sacred periods of the entire Islamic calendar.

The Gregorian dates for Hajj will vary each year, as the Islamic calendar operates on the lunar cycle.

# How long does Hajj last?

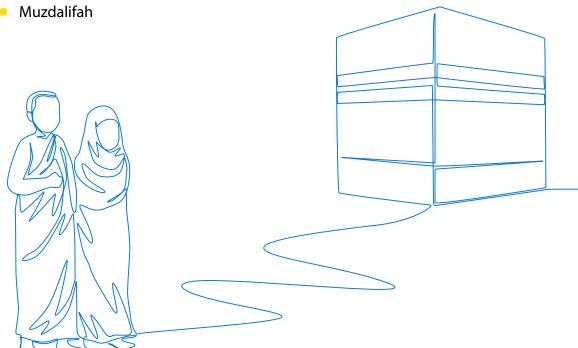
The Hajj pilgrimage is performed over five to six days, from the 8th to 12th or 13th of Dhul Hijjah. When the new crescent moon is sighted, Eid al-Adha begins, which lasts for four days. The pilgrimage is comprised of a series of rites and rituals, some of which must be performed in order.

# Where does the Hajj take place?

Hajj is performed in Makkah, modern day Saudi Arabia. The pilgrimage consists of a series of rites and rituals across five to six days and is performed across several locations within the vicinity of Makkah.

### These locations include:

- The city of Makkah
- The tent settlement of Mina
- Mount 'Arafah



# Who is Eligible to Perform Hajj?

Hajj forms one of the five pillars of Islam. As such, all Muslims must perform Hajj at least once in their lifetime.

### The Five Pillars of Islam:



However, there are still certain conditions that need to be met in order to perform Hajj:

- 1. Firstly, only Muslim adults (whether male or female) are required to perform Hajj. This means that while children may go to Hajj, it is not required of them.
- 2. Secondly, the very weak, sick, elderly, or otherwise physically incapable Muslims are exempt from having to perform the pilgrimage.
- 3. Thirdly, the Muslim must be **financially able** to perform Hajj. This means that a person in debt is not obliged to perform Hajj until he has cleared his debt and must have the intention of doing so as a priority. However, if one is in debt, they may still perform Hajj as long as:
  - The creditor permits it.
  - The debtor has time to pay off the debt.
  - Hajj does not affect their ability to pay off the debt.

# How to Perform Hajj

There are three forms of Hajj: Tamattu, Ifraad and Qiran. For the purpose of this Hajj guide, we will use the Tamattu form of Hajj, which is what Prophet Muhammad (peace and blessings be upon him) encouraged his companions to perform [Sahi Muslim].

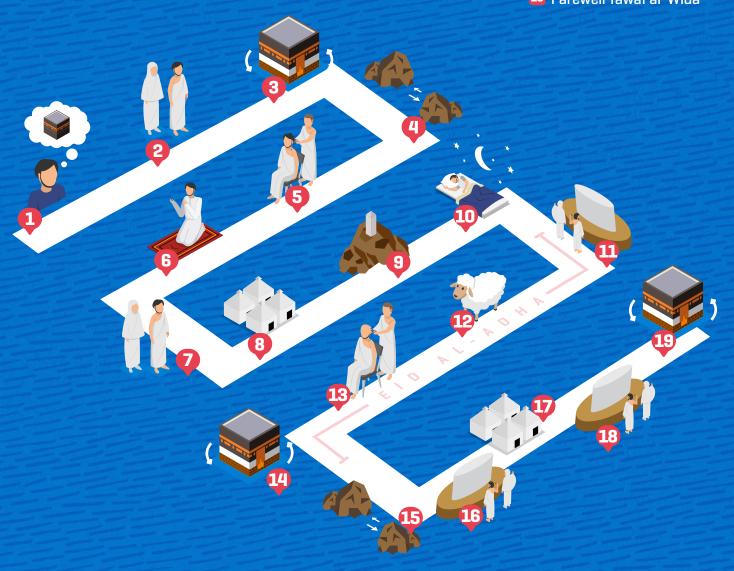
Here is a handy step-by-step guide to performing Hajj to help you understand this incredibly spiritual journey.

## The 19 Steps of Hajj at a Glance

- Preparation & Intention
- Enter State of Ihram
- Tawaf x7
- Safa and Marwa
- Clip/Shave Hair Ends
- Resting & Praying

- Enter State of Ihram
- 8 Arrive at Mina
- Day of 'Arafah
- Muzdalifah Under the night sky
- Rami Stoning of the Devil
- 12 Hady

- Shave Head
- 14 Tawaf al-Ifadha
- 15 Saai'
- 16 Rami Stoning of the Devil
- Spend Night at Mina
- 18 Rami Stoning of the Devil
- 19 Farewell Tawaf al-Wida



# The 19 Steps of Hajj in Detail

## 1 Preparation and Intention

Before you arrive at Makkah to begin Hajj, it's important to make your intention (niyyah) within your heart. The intention must be to perform the Hajj for the sake of Allah alone, with a desire for good in the hereafter. It should not be done with the intention of being seen by others or for worldly gain.

# 2 Entering the State of Ihram

Next, you'll enter into the state of Ihram (ritual purity). For men, this means wearing the designated white cloth with one piece wrapped around your shoulder and one around your waist. Ladies may wear any clothing of their choice but should ensure they observe the rules of Hijab. Face coverings, however, are not permitted. Fully-covering shoes are also not permitted. Footwear must be in the form of sandals for both women and men.

Ihram describes the spiritual state you enter once you have made the intention to go to Hajj. When over 2.5 million pilgrims descend into Makkah, there should not be any outward distinction between them. Everyone stands equal before Allah (SWT) - one's status, race, culture, and wealth are irrelevant. The rules around the clothing of Ihram are extremely simple, yet strict and must be adhered to.

Throughout these holy days and whilst in the state of Ihram, we should also be particularly mindful of our behaviour and words. We should avoid smoking, engaging in sexual relations, swearing, shaving our hair, and cutting our nails. We must also not use perfume or scented soaps. Once you arrive at the holy Masjid al-Haram in Makkah, with these preparations in mind, you're ready to start the biggest spiritual journey of your life!

• Tip: Carry spare Ihram clothing if you can. As for sandals, we recommend investing in a decent pair of trekking sandals. They tend to be the most comfortable and practical, given that you will be walking long distances on tarmac as well as gravel. Try and wear in your sandals before you depart for Saudi so that you don't break out in blisters or face discomfort once you're there.

**Upon arrival in Makkah, you must first perform your Umrah,** which means you will do your Tawaf and Saa'i as outlined in the next steps.



# 3 Tawaf x7

Tawaf is one of the principal rites of the pilgrimage and refers to walking in circles around the Kaa'bah in an anti-clockwise motion. One Tawaf is made up of seven complete circuits, with each one starting and ending at the black stone, which is situated within the Kaa'bah.

In addition to your Tawaf, you can also offer voluntary prayers to thank Allah (SWT) for arriving safely and to mark the start of this incredibly special spiritual journey.

# 4 Safa and Marwa

After you've performed your Tawaf, you'll then perform what's known as Sa'i (walking and running between the two hills of Safa and Marwa).

You'll begin the Sa'i on the hill of Safa and walk towards the hill of Marwa. You will eventually see the green marker, at which point you will run until the next green marker and continue walking until you reach Marwa. This completes one lap. You will then return to Safa to complete your second lap. Your Sa'i is complete once you have performed a total of seven laps between the hills of Safa and Marwa.

This is an important ritual in memory of Prophet Ibrahim's (AS) wife Hajar, and her struggle in the desert in search of water for her son Prophet Isma'il (AS). Saa'i symbolises the ongoing struggle that we encounter throughout our lives, as Hajar experienced herself.

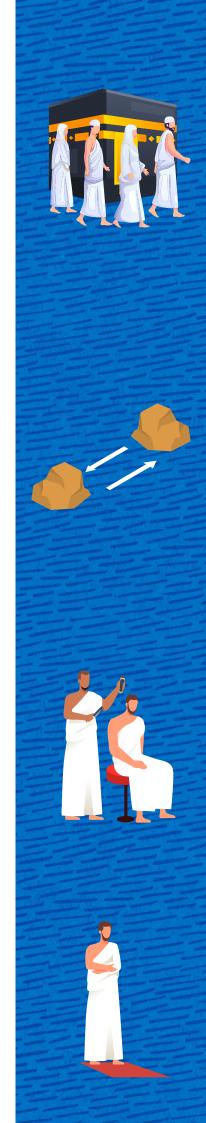
# 5 Clip/Shave Hair (Umrah Ends)

Once Saa'i is complete, men will have their hair clipped or shaved, whilst a woman clips her hair to the length of her fingertip. This marks the completion of your umrah, allowing you to leave Ihram, **until the 8th of Dhul Hijjah**.

• **Tip:** Be very patient here. You'll be tired from Tawaf, and you might notice fellow pilgrims in a hurry to complete the Saa'i. Feel free to take your time. Take regular breaks, and drink Zamzam water which is available between Safa and Marwa.

# 6 Resting and Praying

Now that you've performed your Umrah, for the rest of this blessed month, you'll stay in Makkah to complete your spiritual journey of Hajj, surrounded by your fellow Muslim sisters and brothers, SubhanAllah! Make sure to get plenty of rest and make the best use of your time by performing sincere acts of worship. Your Hajj will begin on the 8th Dhul Hijjah.



### **7** Re-entering State of Ihram

### (Day 1/8th Dhul Hijjah)

Fulfilling your sacred obligation of Hajj will be the most spiritual period of your life Insha'Allah (God willing), filled with blessings and forgiveness from Allah (SWT)! **The 8th day of Dhul Hijjah marks the beginning of the days of Hajj** and the next stage of your spiritual journey. You'll purify yourself and enter the state of Ihram once again.

### Rules of Ihram

It's very important to note that when you are in a state of Ihram, you are not permitted to smoke, swear, shave, clip your nails, or engage in any form of sexual relations. Fighting and arguments are also forbidden, and participants are prohibited from hunting, killing, or unjustifiably breaking anything. You must also avoid scented products such as perfumes, moisturisers, makeup, or soaps. You may, however, substitute them for unscented toiletries which are permissible to use.

Once you're all set to enter the Ihram, you'll begin reciting the following invocation called the Talbiyah:

يَّدُكَ اللَّهُمَّ لَيْدُكَ، لَيْكَ لاَ شَرِيْكَ لَكَ لَيْكَ، انَّ الْحَمْدَ وَالنَّعْمَةَ لَكَ وَالْمُلْكَ لاَشَرِيْكَ لَكَ

### **Transliteration:**

Labbayka Allahumma labbayk. Labbayk la shareeka laka labbayk. Inna al-hamda, wa n-'imata, Laka wal mulk. La shareeka lak.

### **Translation:**

"Here I am, O Allah, here I am, here I am. You have no partner, here I am. Verily all praise and blessings are Yours, and all sovereignty. You have no partner."

You will then proceed with your Hajj group to the neighbourhood of Mina in Makkah, which is located roughly eight kilometres from the centre of Makkah.

• Tip: We would highly recommend carrying some essentials such as unscented sun cream, moisturiser, Vaseline and soap. Sun cream is particularly handy, especially if you have no hair as it is not permissible for men to cover their head or face whilst in ihram. Vaseline is also particularly valuable for both women and men to protect against painful rashes that may occur as a result of constant walking. All of these are readily available in Saudi Arabia.



# 8 Arrive at Mina

Once you arrive in the tent city (neighbourhood) of Mina, you'll settle into your allocated tent. Here you'll pray Salah (obligatory prayers), including Dhuhr, Asr, Maghrib, 'Isha and Fajr, **shortening your four-unit prayers to two units each**, without combining them, as stated in the Qu'ran.

You'll spend the night and pray to Allah (SWT), reading the Qur'an and preparing for day two. It's an important time for spiritual reflection and devotion, so try and make the most of this special night.

• **Tip:** Be patient here, as space inside the tents can be very tight, and you might find yourself very close to fellow pilgrims. The weather is likely to be very hot, so remember to keep yourself hydrated. The Saudi authorities have installed cold water stations in close proximity to all tents, so familiarise yourself with your surroundings. You may also notice that Hajj authority workers regularly stock up complementary cold drinks in cooler boxes next to your tent. They're there for you to consume, so enjoy them to quench your thirst, but don't forget the spiritual purpose of being there.

### 9 Day of 'Arafah (Day 2/9th Dhul Hijjah)

After sunrise in Mina, you'll then head to the plains of 'Arafah, reciting Istaghfar (asking for forgiveness) and making supplications - marking the Day of 'Arafah when we ask Allah (SWT) for forgiveness for our sins.

Upon reaching the plains of Mount 'Arafah, pilgrims observe shortened Dhuhr and Asr prayers combined (two rakat instead of four). However, according to Abu Hanifa, the combining of Dhur and Asr is only valid if one prays behind the Imam in the Masjid. Therefore if one was to pray in the tent, then they should not combine both salah.

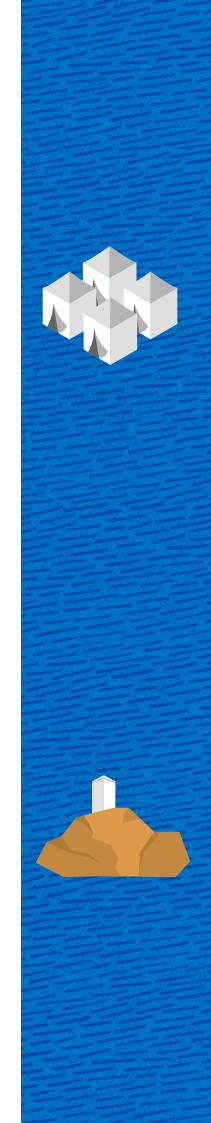
On this day, there will be a sermon delivered from Masjid al-Nimra on Mount 'Arafah. Try to listen to the Khutbah (sermon) if possible. Your group may also facilitate a translation of this sermon in English.

The day of 'Arafah is one of the most important days for Muslims across the world, as Allah (SWT) refers to the Day of 'Arafah in Surah al-Maidah as the Day on which He perfected His religion, completed His favours upon His beloved Prophet Muhammad (peace and blessings be upon him) and approved Islam as a way of life!

The Prophet (peace and blessings be upon him) also said:

"There is no day on which Allah frees people from the Fire more so than on the day of 'Arafah. He comes close to those (people standing on 'Arafah), and then He reveals before His Angels saying, 'What are these people seeking."

Hadith | Muslim



So, be sure to stand on the plains of 'Arafah and make lots of Du'a (supplication), focussing your energy on Allah (SWT), asking Him for forgiveness and blessings for you and your family. Don't forget to include your friends, relatives, neighbours as well as the wider Ummah (community) in your Du'a on this special day.

• **Tip:** Don't be tempted to exhaust your energy and trek up Mount 'Arafah, also known as Jabal al-Rahmah, on this day. Jabal al-Rahmah is the hill from where the Prophet Muhammad (peace and blessings be upon him) delivered his sermon. There is no authentic source to suggest any benefit in trekking the hill itself or to undertake this climb as a religious ritual. The level area surrounding the hill is called the Plains of 'Arafah and this is where you should be spending your time in contemplation and prayer.

### 10 Arrive in Muzdalifah

After sunset, you'll depart 'Arafah and head to Muzdalifah – an open plain between Mina and 'Arafah. Once you reach Muzdalifah you'll perform your Maghrib and 'Isha Salah, one after the other, shortening the 'Isha Salah to two Rakat.

### As Abdullah ibn Umar (RA) narrates:

"The Prophet (peace and blessings be upon him) offered the Maghrib and 'Isha prayers together at Muzdalifah with a separate Iqamah (second call to prayer) for each of them and did not offer any optional prayer in between them or after each of them."

Hadith | Bukhari

Afterwards, you can then spend the night in worship or resting. The Prophet (peace and blessings be upon him) went to sleep until shortly before Fajr [Muslim], choosing not to engage in night worship as he normally did. So, don't be tempted to exhaust yourself but rest instead – you have a long day ahead of you!

While in Muzdalifah, you may also collect pebbles to perform Rami (the stoning of the devil) over the next three days.

The size of the pebbles should be similar to the size of date stones/seeds. **You will need a total of 49 pebbles.** 

However, it is advised that you pick up a further 21 pebbles as a precautionary measure to bring your total up to 70. When you proceed to the phases of throwing the pebbles at the Jamarat (the stone pillars), you may miss the target, or some pebbles may fall from your hand. Therefore, it's better to have more than to be short. Pebbles can also be collected from anywhere in Mina.

• Tip: At Muzdalifah, you will stay under the night sky. There are no tents or other accommodation facilities here. Although there are plenty of lights, it is still fairly dark. Try to stay near your group, as it is very easy to get lost among the thousands of pilgrims. Toilets and wudhu facilities are available in Muzdalifah, but they will likely be crowded so patience must be exercised here. We would highly recommend you use the toilets and freshen up before you leave 'Arafah.



## Rami and Hady

### (Day 3/10th Dhul Hijjah & Start of Eid al-Adha)

The 10th of Dhul Hijjah is also called the **Yawm al-Nahr**, or the Day of Sacrifice (Qurbani).

After performing Fajr Salah you will depart Muzdalifah and go back towards Mina. Remember to continuously recite the Talbiyah.

On this day, Pilgrims perform the **Hady (sacrificial animal)** and also commence the first of three days 'stoning of the devil' rite or Rami. Muslims around the world also offer Qurbani during this time and begin the four-day festival of Eid al-Adha. We know this from this verse in the Qur'an:

"And when you are safe, then, whoever avails the advantage of the 'Umrah along with the Hajj shall make an offering of whatever animal is available. However, any one who finds none shall fast for three days during Hajj, and for seven days when you return; thus they are ten in all. This is for him whose family folk are not residents of Al-Masjid-ul-Haram."

Qur'an | 2:196

### Origin Of Rami (The Stoning of the Devil)

The stoning of the Jamarat – otherwise referred to as the 'stoning of the devil' – is a ritual carried out by Hajj pilgrims whereby pebbles are thrown at three stone structures in Mina across three days.

The first day of stoning occurs on the 10th of Dhul Hijjah. On this day Muslims also offer Qurbani and celebrate Eid al-Adha.

The act of throwing stones at the Jamarat is known as Rami. The ritual of Rami is symbolic of the actions of Ibrahim (AS) when he was faced with the trial of having to sacrifice his son, Isma'il (AS) upon the commandment of Allah (SWT).

On the way to carry out the commandment, Iblis (Satan) repeatedly tried to tempt Ibrahim's (AS) into disobeying Allah (SWT). As Ibrahim (AS) reached Jamarat al-Aqaba, Allah (SWT) ordered Angel Jibreel (AS) to instruct Ibrahim (AS) to throw seven stones at Iblis. He obliged, and Iblis fled immediately. The three Jamarat indicate the three places where Iblis tried to dissuade Ibrahim (AS) from obeying the command of Allah. However, the pillars do not contain Iblis, as many people are wrongly led to believe.

### How to Perform Rami (The Stoning of the Devil)

On the 10th, 11th, and 12th day of Dhul Hijjah, you will perform Rami (the stoning of the devil). The size of the pebbles should be similar to the size of date stones or seeds. **You will need a total of 49 pebbles.** 

You'll need a certain number of pebbles for each of the three days. The breakdown is as follows:

- 7 pebbles for the 10th of Dhul Hijjah
- 21 pebbles for the 11th of Dhul Hijjah
- 21 pebbles for the 12th of Dhul Hijjah

Try to carry four small pouches per person for your pebbles. UK coin bags are a good size and convenient to carry. Use the four pouches to group pebbles according to the breakdown above.



Once you reach the Jamarat, you will head to Jamarat al-Aqaba, which is the largest pillar, and here you will throw the first seven pebbles at the concrete pillar. You will only pelt this one pillar on the first day.

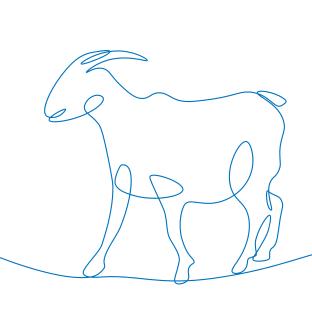


 Tip: Don't rush to perform the Rami. The Hajj authority will most likely allocate a set time for your group to go and perform Rami. They do this to minimise overcrowding and the risk to pilgrims.

Try not to get angry and throw your sandals or other valuable possessions at the pillars. **Iblis is not contained within the pillar**, so you'll only lose your valuables and there is no benefit in doing so!

### Qurbani and Eid al-Adha

The festival of Eid al-Adha, or the Feast of Sacrifice, takes place on the 10th of Dhul Hijjah. It is also celebrated by Muslims around the world who are not on the Hajj pilgrimage. By offering Qurbani (sacrifice), Muslims mark Prophet Ibrahim's (AS) willingness to sacrifice his son Isma'il (AS) upon the commandment of Allah (SWT).





### 13 Shaving the Head

### (Days 4/11th Dhul Hijjah)

After offering the Hady, you will proceed to shave or trim your hair if you are male. The Prophet Muhammad (peace and blessings be upon him) shaved his hair and this is preferable. A woman trims her hair by the length of a fingertip.

Now you are allowed to leave the state of Ihram and wear comfortable clothing. You are also allowed to resume otherwise Halal activities that were forbidden in the Ihram, except for sexual intimacy. It is Sunnah (practice of the Prophet PBUH) to apply perfume as the Prophet Muhammad (peace and blessings be upon him) smelt strongly of musk at this point.

• **Tip:** Use disposable blades to shave each other's head within your group. If that's not possible, you'll notice a number of barbers in Mina ready to shave your head for a price. Ensure that the barbers use new blades to avoid infection.

### 14 Tawaf al-Ifadha and Saai'

### <mark>15 (Day 5 / 12th Dhul Hijjah)</mark>

You will now go to Makkah to perform Tawaf al-Ifadha and then another circuit of Saai' as part of your Hajj rituals.

Tawaf al-Ifada and Saa'i are obligatory. You must perform the Tawaf al-Ifadha and the Saai' after the Rami, the Qurbani (sacrifice) and shaving (or trimming) of the head.

With the completion of the Tawaf and Saa'i, you are then allowed to relax and do everything that was lawful before entering the Ihram, including engaging in marital relations.

You will, however, return to your tents in Mina and continue with the remaining rituals of Hajj.

**Tip:** The Tawaf area will be extremely crowded during this time. Try to use the upper levels of the Haram or the roof. You might want to do this around midnight when it tends to be quieter.



### 16 The Second Day of Rami

On the 11th Dhul Hijjah, you will proceed to your second day of Rami (the stoning of the devil).

On this occasion you pelt each of the three pillars in order. You will begin with Jamarah al-Ula (the small pillar), then Jamarah al-Wusta (the second/middle pillar) and finally, Jamarah al-Aqaba (the third/large pillar). You stop after the first and second Jamarat to make Du'a facing the qibla. Each one should be stoned with seven consecutive pebbles accompanied by the Takbir. Remember to take your spare pebbles with you in case you lose some!

### 17 Spend the Night in Mina

Once your second Rami is completed, you will return to your camp in Mina and spend the rest of the day and night in worship, making the most of the remaining time you have.

### 18 The Third Day of Rami

On the afternoon of 12th Dhul Hijjah, you'll have your final batch of pebbles (21 pebbles) ready to repeat the same steps as the previous day.

### 19 Tawaf al-Wida

### (The Farewell Tawaf)

You've now only one step left to perform **before completing Hajj and departing** from Makkah. The farewell Tawaf is the last rite Muslims must perform.

This Tawaf is Wajib (obligatory) according to Hanafis, Shafi'is and Hanbalis but Sunnah according to Malikis and must be performed prior to leaving the boundaries of the Haram. Omitting this Tawaf, without a valid reason, **is not deemed lawful in Islam.** 

### Ibn Abbas (RA) narrated:

"The people were ordered to perform the Tawaf al-Wida as the last thing before leaving (Makkah), except the menstruating women who were excused."

Hadith | Bukhari

For this Tawaf, you will complete seven laps of Tawaf. Then perform two Rakat of Salah and drink Zamzam water. There is no Saa'i or shaving/trimming of the head after this Tawaf.

Hajj Mabrook!

You have now completed your Hajj!



# The first 10 days of Dhul Hijjah

For those of us who are unable to travel and perform Hajj, don't despair! The first ten days of Dhul Hijjah are considered the best ten days in the Islamic calendar, as they are most beloved to Allah (SWT).

The Prophet (peace and blessings be upon him) said:

"There are no days that are greater before Allah or in which good deeds are more beloved to Him, than these ten days, so recite a great deal of Tahleel (saying of la illaaha illa Allah), Takbeer (saying of Allahu Akbar) and Tahmeed (Alhamdullilah) during them."

Hadith | Ahmad

These blessed days of Dhul Hijjah are a great opportunity to earn the mercy and forgiveness of Allah (SWT) after Ramadan, by performing good deeds. These can include anything such as giving charity, honouring one's parents, upholding the ties of kinship, and enjoining what is good and forbidding what is evil.

It is also important to enhance our obligatory acts of worship by being mindful of our prayers and ensuring we pay our Zakat on time. For those of us who have not yet completed the pilgrimage of Hajj, this is also an ideal time to make Du'a that Allah (SWT) grants us the opportunity to do so when He deems best.

Find out more about how you can reap the rewards of this blessed month and donate your Zakat and Sadagah here:

islamic-relief.org.uk/dhul-hijjah





At Islamic Relief, we work with a range of scholars to ensure our work, and the information we share, remains in accordance with Islamic jurisprudence (Figh).

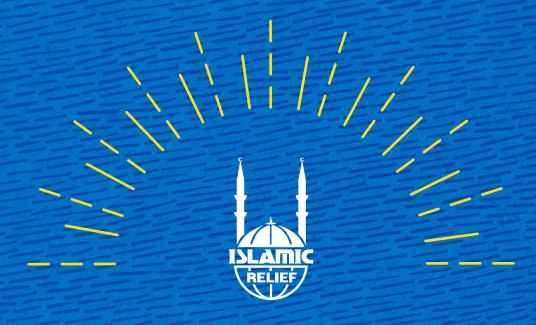
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