



Sacred Hajj

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Travel and Luggage Advice

Travel as light as possible. If you can, pack all your needs in a backpack and carry-on. This will significantly ease the process and stress of checking in and collecting luggage. You can easily and affordably purchase luggage pieces in Mecca or Medina to take gifts home.

During most of Hajj and Umrah, you and your spouse will not be living together. With almost everything on this list, get the travel size and make sure your spouse has their own set.

You will need:

- **Spacious backpack.**
 - Big enough to fit your sleeping bag. Purchase one with comfortable straps, many pockets and a strong zipper.
- **Sleeping bag, light and compact or fleece blanket**
 - There will be bedding in Mina, the only time you really use your sleeping bag on the ground is in Arafat (part of a day) and in Muzdalifah (one night). It's not efficient to carry an expensive bulky sleeping bag for one day. If you bring a fleece blanket, you can also bring a bed sheet. Alternatively, you can use an inflatable mattress.
- **Flashlight**
 - Simple and cheap, just in case you need to get around during the night and its dark. Not absolutely necessary.
- **Garbage bags, grocery bags for laundry**
- **Big and small zipper ziplock bags to keep pebbles from Muzdalifah and other personal items**
- **Small pillow**
 - Helps when sleeping on buses. Get one that is small and flexible enough to fit in or your backpack or can be attached to your hand carry.
- **Bath, hand and face towel**
 - You will be in Mina when you can exit from the state of Ihram. To shower you'll need your own bath towels. Always keep a hand towel and/or face towel in your backpack or purse. There are no paper towels, toilet paper or napkins in the public bathrooms.
- **Shampoo, soap with holder, toothpaste, toothbrush with holder, facewash**
 - Regular, scented toiletries can be used during non-Hajj non-Ihram days.

- Unscented toiletries are needed during Hajj, Ihram days. Be very careful when purchasing 'unscented' items. Check with a scholar for permissibility.
- **Face lotion, hand lotion**
 - Be careful for supposedly 'unscented products'. Bring travel size.
- **Hand sanitizer**
- **Moist wipes and tissues**
 - Useful when eating on long bus trips
 - Try to get unscented ones so you can use in Ihram too
- **Small scissors [women-only]**
 - Highly recommended. For trimming your hair after the hajj is over and each time you finish an umrah. There are no barbershops for women; you'll need to trim your own hair in your hotel room.
- **Gum, breath mints, Granola bars, snack pack cookies and candy. Vitamin C or Gatorade powder**
 - Food is available most places. These snacks are to hold you during long bus rides.
- **Tylenol, Robitussin, Pepto Bismol, Neosporin, band aids, Halls/Ricola, any other meds.**
 - There are many pharmacies that sell American over-the-counter medicine. Keep a small supply of your preferred drugs.
 - It may be a good idea to keep a Z-pack also in case you get sick.
- **Chapstick, Vaseline**
 - Get the unscented versions so you can use in Ihram.
 - Recommended for men in Ihram.
- **Sunscreen**
 - Optional
- **Safety pins**
 - Any men traveling with you should keep large pins for tying the Ihram. Regular size for your hijab
- **Glasses with case, contacts, contact solution, eye drops**
 - If your eyes easily dry up then avoid wearing contacts. If possible, bring an extra pair of glasses or contacts.
- **Battery alarm clock**
 - This will help to wake you up for prayers and keep you on schedule. Not needed if you will have a cell phone with an alarm clock feature.
- **Hijabs**
 - Chose material that is light, compact, comfortable and stays in place. Avoid long shawls or dupattas that may get caught through crowds.
- **Clothes**

- Select cool and comfortable clothes, it is very hot and humid.
- It is highly recommended that women wear a jilbab at all times. Choose light colors, thin and sweat-absorbent clothes to wear underneath your jilbaab.
- It is recommended for men to wear thowbs or shalwar khamees at all times.
- **Hair accessories [women-only]**
 - Since you are not allowed to break your hair during Ihram, bring hair accessories that keep your hair in place and are very comfortable.
- **Inside jilbab purse [women-only]**
 - Something small and compact, that you can access under your jilbab. You only need to keep some money and possibly a phone with you at all times.
- **Shoes**
 - Select 1-2 pairs that are very comfortable whether its flip-flops or athletic shoes. Many people lose at least one pair of shoes during hajj. Cheap flip-flops can be bought there easily. 3
- **Socks**
 - Sports socks, helps on the cold marble floors or when you go out in the early mornings. It's also softer on your feet during Tawaaf or Sa'ee. Note that men cannot wear socks whilst in the state of Ihram.
- **Shawl**
 - A woolen shawl to keep you warm during cool mornings or can be used to pray on. Not necessary.
- **Undergarments**
 - Cotton and comfortable.
- **Liners and pads [women-only]**
- **No jewelry**
 - Leave anything valuable to you at home, including your wedding ring.
- **Simple comfortable watch**
- **Nail cutter, shaving stick and cream**
 - Cut your nails and shave/wax right before you leave.
- **Quran, books and notebooks**
 - The Masjids in Makkah and Madinah have plenty of Qur'ans to use. There are no Qur'ans available in Mina, Arafat or Muzdalifah. If you choose to bring your own Qur'an, books or a notebook, make sure they are small and compact.
- **Spending money**
 - It is recommend to keep at least \$500 per person for sadaqah, gifts, etc