



UMRAH CHECKLIST *EXPLAINED*

This document serves as an explanation to the recommendations. Please [click here](#) for the downloadable Checklist.

1. FOOD

- **Reusable water bottle**
 - These came in handy for filling ZamZam.
 - Optional: The collapsible ones are super portable and convenient.
- **Granola Bars (Energy &/or Protein)**
 - Just bring enough for one a day for each day of your planned trip.
 - Don't get the ones with chocolate in them, they'll melt all over.

2. CLOTHING & SHOES

- **Pair of extra flip flops**
 - These will be great for using in public restrooms or even in the shower in your hotel/building.
- **Good walking shoes**
 - We recommend bringing used shoes
- **Non-skid, Hospital Socks for Sisters**
 - This happens. Unfortunately, the marble floor can cause many to skid especially when the residue of Zam Zam is on the floor as well. A good pair of non-skid socks would minimize the risk significantly.

3. GENERAL SUPPLIES

- **Plastic bags**
 - Bring a couple grocery-sized bags, they'll come in handy for anything and everything.
- **Zipper seal bags**
 - These will come in handy for creating small medicine packs for traveling, storing dates and nuts in, and so much more.
- **Umbrella**
 - Useful to shield from the sun, which is intense.
- **Ear plugs & Eye covers/sleeping mask**
 - If you're a light sleeper, these will particularly come in handy.
 - These are also recommended for the flights and other travels.

- **Optional: Extra collapsible large duffle bag (if you plan on shopping)**
 - Just keep this folded up inside of one of your suitcases and you'll be so happy you did!

4. ELECTRONICS

- **Electric Shaver**
 - This for shaving/trimming of the hair after Umrah.
- **Unlocked Phone**
 - If you are planning to use your phone in Saudi, please get your phone unlocked by your carrier. They should do it for free.
 - The phone must be GSM (SIM) Phone. That means Verizon & Sprint users may not be able to use their phones with Saudi's local networks.

5. PERSONAL HYGIENE

- **All unscented items**
 - These items are highly recommended during the state of ihram.
- **Feminine hygiene products**
 - Please plan accordingly as many products that you may have access here in USA may not be available there.

6. SPIRITUAL SUPPLIES

- **All these apps are recommended by our Imam**
- **Optional: Itemized & budgeted shopping list**
 - It was suggested to have make a list of what you want to buy from there and what gifts you will be buying and for who. This would allow you to spend less time in the marketplace.

