

Hajj & Umrah Packing Checklist

Name _____

Travel date _____

Tick as you pack. Print one copy for each person travelling.

1 Documents & money

- ☐ Passport – valid for at least 6 months after you return
- ☐ Visa and Nusuk / permit confirmation (ask your travel agent)
- ☐ Flight tickets and hotel bookings – printed and on your phone
- ☐ Travel insurance details
- ☐ Vaccination certificate – meningitis ACWY is required for Hajj (check current rules for Umrah)
- ☐ Photocopies and phone photos of all documents, kept apart from the originals
- ☐ Bank cards plus some Saudi riyals in cash
- ☐ Emergency card: travel agent, hotel, group leader, British Embassy
- ☐ Group ID card or wristband (Hajj)

2 Ihram & clothing

MEN

- ☐ 2 Ihram sets – one to wear, one spare
- ☐ Belt or waist bag to hold the Ihram and your valuables
- ☐ Sandals that leave the top of the foot uncovered

WOMEN

- ☐ Loose, comfortable abayas or modest clothing
- ☐ Hijabs (light, breathable) and under-scarves

EVERYONE

- ☐ Comfortable walking shoes, already worn in
- ☐ A light layer for cold air-conditioning and cool nights
- ☐ Sleepwear, underwear and socks for every day
- ☐ Laundry bag and a few pegs

3 Health & comfort

- ☐ Your medicines, in original packs, with a copy of the prescription
- ☐ Blister plasters and foot cream for long walks
- ☐ Anti-chafing balm – unscented while in Ihram
- ☐ Unscented soap, shampoo, deodorant and sunscreen for Ihram
- ☐ Hand sanitiser and face masks
- ☐ Rehydration sachets and paracetamol
- ☐ Earplugs and an eye mask
- ☐ Small quick-dry towel

4 At the mosque

- ☐ Shoe bag – keep your shoes with you, so you don't hunt for them after prayer
- ☐ Small travel prayer mat
- ☐ Pocket Qur'an, dua book or dua list
- ☐ Tasbeih
- ☐ Refillable water bottle (Zamzam is free inside)
- ☐ Phone, charger and power bank
- ☐ Plug adapter – Saudi sockets are mostly UK-style three-pin, but bring one just in case
- ☐ Secure neck bag or belt for passport, phone, money and hotel key

Hajj days & before you go

The extra things for Mina, Arafah and Muzdalifah – and the jobs to finish at home.

5 Hajj days only

- ☐ Small rucksack or neck bag – travel light between the sites
- ☐ Thin sleeping mat or foldable mat for Muzdalifah
- ☐ Pebble bag for the Jamarat – 49 pebbles (70 if you stay the extra day)
- ☐ Umbrella for shade
- ☐ Unscented wet wipes and tissues
- ☐ Dates, snacks and electrolyte drinks
- ☐ Small battery fan or water spray
- ☐ Spare Ihram or a change of clothes for after Tawaf al-Ifadah
- ☐ Torch or phone light for the night at Muzdalifah

6 Before you leave home

- ☐ Tell your bank you are travelling
- ☐ Set up phone roaming or a Saudi eSIM
- ☐ Download the official Nusuk app and your group's apps
- ☐ Write or update your wasiyyah (will) and settle debts
- ☐ Ask for forgiveness and make dua for family and friends
- ☐ Wear in your walking shoes for a few weeks
- ☐ Check your airline's baggage and Zamzam allowance
- ☐ Label every bag with your name, phone and hotel
- ☐ Share your itinerary with someone at home

★ Tips from pilgrims

- Keep your passport, money and phone in a zipped belt or neck bag at the front – never in a back pocket or a loose handbag in the crowds.
- Agree a meeting point with your group in case you get separated, and carry your hotel's card.
- Drink water often, rest in the hottest hours and walk at your own pace – Hajj is a marathon, not a sprint.
- Pack less than you think: you will carry it all yourself, and you will want room for Zamzam and gifts.

📝 My own list