Quick overview of Umrah

1. Method of putting on Ihraam of Umrah

- Ihraam: for men consists of two unsewn plain white cloths and for women it’s their normal clothing.
- When wearing the Ihraam it is **unlawful** to wear ANY OTHER GARMENT (even underwear).
- Ihraam will be worn before Meeqat (Boundary surrounding the haram of Makkah)

1. Perform Ghusl or Wudhu and then wear the ihraam.
2. Perform 2 Rakaat Nafi Salaah (Only men will cover their heads during this salaah and it is Sunnah to pray Surah Al Kaafirun in the first Rakaat and Surah Ikhlaas in the 2nd).
3. After salaam men will uncover their head.
4. Make the following intention for Umrah:

   “O Allah! I intend to perform Umrah. Make it easy for me and accept it from me”

5. Recite the Talbiyyah 3 times (Sunnat). (Men loudly and Women softly):

6. Thereafter recite Durood Shareef & make Du’aa

**Important**: Ihraam restrictions apply immediately after Intention & Talbiyyah.