



# Umrah Retreat 20

Travel Dates: **MARCH 6 - MARCH 15**

This Group Is Led By:

Spiritual Leader: **SH MAMDOUH MAHMOUD**  
Group Logistics Leader: **BR HASSAN MASOOD**



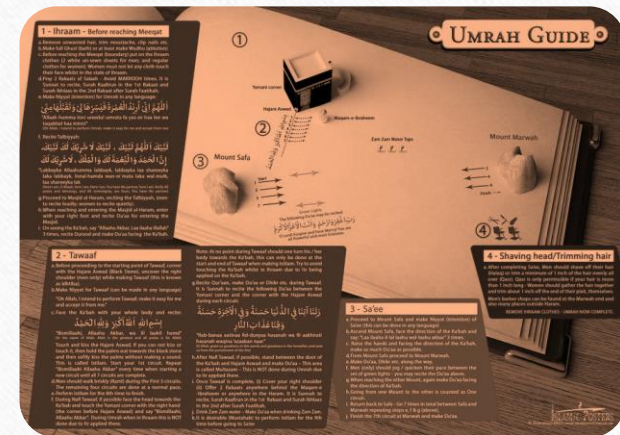
# Umrah Preparations

We remember our first umrah and the nervousness that came with it all. Learning from our experiences, we have created tools and guides that may assist you on your umrah journey. Of course, we cannot over-emphasize the importance of early preparation. However, we also cannot prepare without adequate tools, and iA we will provide you those tools to the best of our abilities.

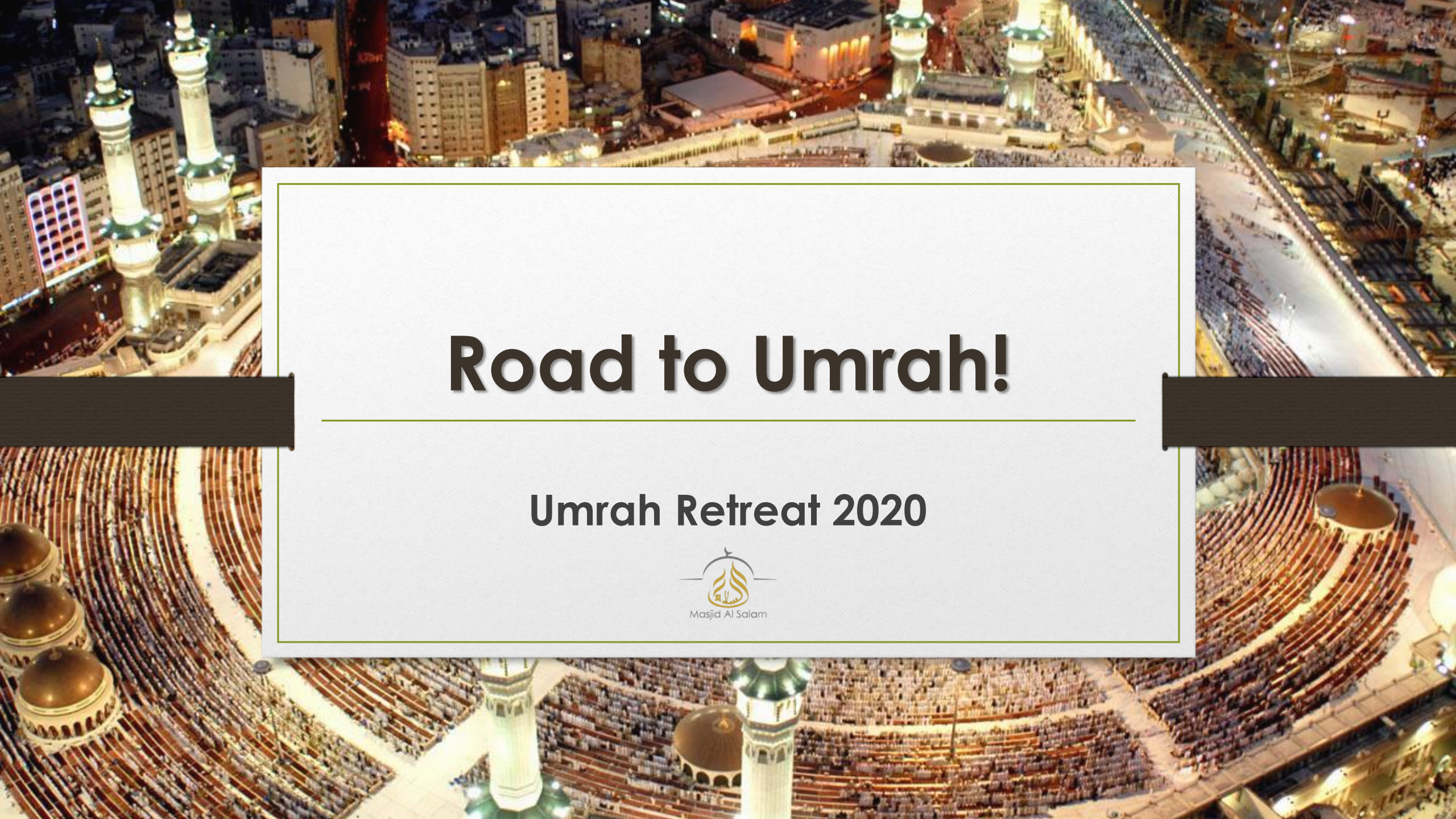
**Please note:** All the religious questions will be addressed by Sh. Mamdouh  
All the logistics questions will be addressed by Br. Hassan

This presentation includes:

- **Friendly Reminder**
- **Daily Itinerary**
- **Simple Umrah Guide**
- **What to Bring? | Checklist!**







# Road to Umrah!

Umrah Retreat 2020





# Road to Umrah!

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This is a journey of a lifetime. The following are the recommendations so we may maximize our reward.

- The **intentions** should be:
  - **to perform our Umrah**
  - **accumulate as many as good deeds as possible**
- We **repent** sincerely from all our past sins.
  - **“And turn to Allah in repentance, all of you, O believers, that you might succeed.” Surah An-Noor (31)**
- We seek **forgiveness** from our family and friends for any mishaps or wrongdoings.





# Daily Itinerary

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# Daily Itinerary (Summarized)

DETAILED ITINERARY COMING SOON



## **Sunday, 8<sup>th</sup> March, 2020 | Rajab 13, 1441**

Arrive at Medina Airport at **3:10 AM**. Meet & Assistance Provided at Airport.  
Depart for Dar Al Hijra Intercontinental Hotel via Air-Conditioned Bus.

## **Monday, 9<sup>th</sup> March, 2020 | Rajab 14, 1441**

Ziyarat/Mazarat in Medinah (Visiting Uhud, Masjid Quba etc...)  
Enjoy 5 prayers at the Masjid An Nabawi | Breakfast buffet served.  
Spiritual Talks & Discussion with Sh Mamdouh. Times will be communicated via WhatsApp!

## **Tuesday, 10<sup>th</sup> March, 2020 | Rajab 15, 1441**

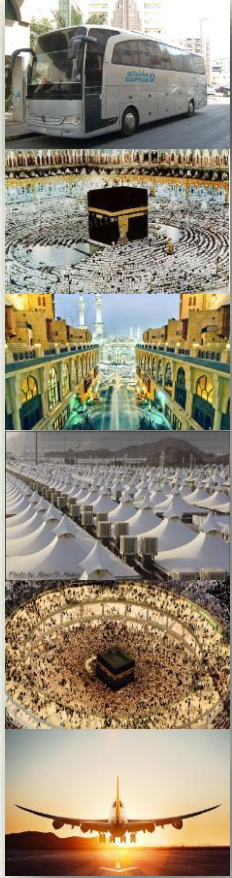
Enjoy 5 prayers at the Masjid An Nabawi | Breakfast buffet served.  
**Umrah Workshop** & Discussion with Sh Mamdouh.

## **Wednesday, 11<sup>th</sup> March, 2020 | Rajab 16, 1441**

Travel to Makkah in Air-Conditioned Bus. Times will be communicated via WhatsApp!  
Perform Umrah | Breakfast buffet served in Medina.  
Enjoy 5 prayers at the Masjid Al Haram | Breakfast buffet served.

# Daily Itinerary (Summarized)

DETAILED ITINERARY COMING SOON



## Thursday, 12<sup>th</sup> March, 2020 | Rajab 17, 1441

Enjoy 5 prayers at the Masjid Al Haram | Breakfast buffet served.  
Spiritual Talks & Discussion with Sh Mamdouh.

## Friday, 13<sup>th</sup> March, 2020 | Rajab 18, 1441

Enjoy prayers and **Juma** at the Masjid Al Haram | Breakfast buffet served.  
Spiritual Talks & Discussion with Sh Mamdouh.

## Saturday, 14<sup>th</sup> March, 2020 | Rajab 19, 1441

Ziyarat/Mazarat in Makkah | Breakfast buffet served.  
Perform **Tawaf Al-Wada** (Farewell Tawaaf)  
Enjoy 5 prayers at the Masjid Al Haram  
Spiritual Talks & Discussion with Sh Mamdouh.

## Sunday, 15<sup>th</sup> March, 2020 | Rajab 20, 1441

Depart for Jeddah International Airport at **12:01AM**.  
Arrive at **IAH (via Dubai)** at **5:40 PM CST**. May Allah accept our Umrah!

During the entire trip, we will have everyone stay connected with the logistics via **W h a t s A p p !**

- Hassan





# Simple Umrah Guide

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# Simple Umrah Guide

Alhumdulillah, under the guidance of Sh Mamdouh, we have prepared a **Simple Umrah Guide** to **simplify the steps** of Umrah.

Please Click Below:  
[Simple Umrah' Guide](#)

## Simple Umrah Guide



### I. ihram:

- ❖ The first step and the pillar of 'Umrah is the ihram

The duties of 'Umrah begins with ihram at the Meeqat (a point some distance from Makkah beyond which a pilgrim may not pass without ihram set by the Prophet S.)

- ❖ The ihram takes place from the Meeqat.

#### Prior to putting the ihram:

1. shave your underarm and pubic hair
2. clip your nails
3. take a bath (that includes menstruating women & those experiencing postnatal bleeding)
4. for men: perfume your head and beard but not the ihram garments.

#### Etiquette of the ihram:

Men are to change into their clothing of ihram by wearing two pieces of fabric called

- ❖ the tzaar: covers the lower half
- ❖ the Reda': covers the top half of the body
- ❖ No other clothing is allowed to be worn in addition to the above (no underwear, no pants, no shirt, no turban, no hat, etc. are to be worn)

Women can stay in the clothing they are already wearing.

There is no specific clothing designated for women, except that they are prohibited from wearing the Niqaab (face-veil) and gloves.

### II. Meeqat (Dhul Hulayfah):

- Upon reaching the meeqat, the pilgrim will **pray two rakats**  
Make the **intentions** at the Meeqat to begin the rites of Umrah by entering the state of 'Umrah





# Umrah Checklist

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cont.

# What to Bring? | Checklist!



## UMRAH CHECKLIST

These are just our recommendations. Please feel free to add or take out whatever you wish. The items we highly recommend are in **bold**.

### 1. FOOD

- Reusable water bottle** (Optional: Collapsible)
- Granola bars (Energy &/or Protein)

### 2. CLOTHING & SHOES

- Personal Clothing
- Pair of extra flip flops**
- Good walking shoes**
- Non-skid, Hospital Socks for Sisters (Tawaaf)**



### 3. GENERAL SUPPLIES

- Plastic bags or Ziplock bags
- Umbrella
- Ear plugs & Eye covers
- Sunglasses
- Inflatable airplane pillow
- Optional: Extra collapsible large duffle bag (if you plan on shopping), quantity depending on your shopping list



### 4. ELECTRONICS

- Electric Shaver (with parts) &/or Razor Blades

Please Click Images! 😊



## UMRAH CHECKLIST EXPLAINED

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

### 1. FOOD

- o **Reusable water bottle**
  - These came in handy for filling ZamZam.
  - Optional: The collapsible ones are super portable and convenient.
- o **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

- o **Pair of extra flip flops**
  - These will be great for using in public restrooms or even in the shower in your hotel/building.
- o **Good walking shoes**
  - We recommend bringing used shoes
- o **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





If you have any questions,  
please reach out to us via email anytime.

**We look forward to seeing you soon.**

Congratulations! & Again,  
Welcome to the **Masjid Al Salam Umrah Family!**

- Sh Mamdouh & Br. Hassan





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