Umrah Packing Checklist

Tick each item as you pack. Checked 26 October 2026.

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DOCUMENTS AND MONEY

- [ ] Passport, valid at least six months beyond travel
- [ ] Umrah visa (printed and on your phone)
- [ ] Hotel bookings for every night, and flight tickets
- [ ] Nusuk app installed, with your Umrah permit
- [ ] Meningococcal vaccination certificate (and COVID-19 proof if over 65, pregnant or with a listed condition)
- [ ] Copies of all documents, kept separate
- [ ] Some cash and a card that works abroad

CLOTHING AND IHRAM

- [ ] Men: two ihram sets (izar and rida) and an ihram belt
- [ ] Women: loose, modest clothing and several hijabs
- [ ] Sandals you have already walked in
- [ ] A light layer for air-conditioned spaces

FRAGRANCE-FREE TOILETRIES

- [ ] Unscented soap, shampoo and deodorant
- [ ] Toothbrush, toothpaste and nail clippers (use before ihram)
- [ ] Small towel and tissues
- [ ] Sunscreen without fragrance

HEALTH AND COMFORT

- [ ] Your medicines in original packs, with prescription
- [ ] SFDA permit, if any medicine is controlled
- [ ] Plasters, blister dressings and oral rehydration salts
- [ ] Umbrella for shade and a refillable water bottle

TECH

- [ ] Phone and charger
- [ ] Power bank (in your cabin bag)
- [ ] Universal travel adapter

FOR THE HARAM

- [ ] Small bag for your shoes
- [ ] Prayer mat
- [ ] Qur'an or du'a book, tasbih

FOR ELDERLY PARENTS

- [ ] Airline wheelchair assistance requested for every flight
- [ ] Written list of medicines and doses, and a doctor's letter
- [ ] Hotel name and address on a card in their pocket

Do not pack: alcohol or narcotics; medicines, creams or herbs not registered with the SFDA; weapons, fireworks or stun devices; counterfeit currency; surveillance devices or radar detectors; laser pens (one red pen up to 5 mW is allowed); nutmeg.
Declare cash or valuables worth SAR 40,000 or more on entry or exit.
In ihram: no perfume; no cutting hair or nails.

Sources: Saudi Ministry of Health (Umrah 1447H); Ministry of Hajj and Umrah, Ihram guide; Saudi Food and Drug Authority (Controlled Drugs System, cds.sfda.gov.sa); Zakat, Tax and Customs Authority (prohibited goods, declarations). Rules change: check before you travel. General information, not medical advice. Full guide: marhabahaji.com/blog/umrah-packing-checklist-saudi-medication-rules