

ARNZA DIARIES

The Complete Umrah Checklist & Packing Guide

Everything to prepare, book, buy, and pack before you go — organized so you can move through it step by step.

PART ONE

Pre-Booking Checklist

DOCUMENTS & PERMITS

- [ ] Apply for Nusuk permit
- [ ] Apply for visa (Saudi eVisa: visa.visitsaudi.com)
- [ ] Passport photo (for e-visa, use Visafoto or similar service)
- [ ] Get any required vaccines before travel — the Meningococcal ACYW vaccine is mandatory for all travelers regardless of country of origin, given at least 10 days before travel (certificate valid 3 years for the polysaccharide vaccine, 5 years for the conjugate vaccine). Polio and yellow fever vaccines may also be required depending on your country of origin — check current requirements before you go.

PART TWO

Flights, Hotels & Transport

- [ ] Book flight
- [ ] Book Makkah hotel
- [ ] Book Madinah hotel
- [ ] Book Haramain high-speed train, or other transportation, between Madinah and Makkah
- [ ] If landing in Jeddah first, book transport from the airport to Makkah, if applicable (Uber is a solid option if you'd rather skip organized transfers)
- [ ] Book a Makkah and Madinah transport tour, if you'd like one (optional)

PART THREE

Before You Go: What to Buy

- [ ] List of duas
- [ ] Abaya
- [ ] Ihram outfit (men)
- [ ] Slippers for tawaf, plus a separate pair to wear outside the masjid (men)
- [ ] Comfortable shoes for tawaf — new, if you plan to wear them specifically for that (women)

PART FOUR

Plane Essentials

- [ ] Passport
- [ ] Visa
- [ ] Government-issued ID as a backup (not required for entry, just a personal safeguard)
- [ ] Vaccination proof
- [ ] Health insurance — your visa includes basic coverage, but separate travel insurance is worth having
- [ ] Wallet
- [ ] Phone charger
- [ ] Portable charger (recommended)
- [ ] Printed or downloaded copies of visa, permit & hotel confirmations
- [ ] Small amount of Saudi riyal cash
- [ ] Reusable water bottle, to fill after security
- [ ] Neck pillow, eye mask & earplugs
- [ ] Offline Quran/dua app or a small printed dua booklet
- [ ] Prescription medication in original packaging, with a copy of the prescription
- [ ] Snacks for the flight and layover
- [ ] Hand sanitizing wipes, preferably alcohol-free and fragrance-free
- [ ] A pen
- [ ] A layer — cabin air conditioning runs cold

> If married, it's also worth keeping a copy of your marriage certificate. Physical proof of marriage is rarely requested by immigration or hotel check-ins once you arrive in Saudi Arabia, but carrying a copy is a good just-in-case.

PART FIVE

Packing Cubes

Pack clean clothes into cubes by person so everything is easy to pull out on travel days.

Men's Essentials

- [ ] Ihram
- [ ] Thobe (at least 2, preferably more)
- [ ] Belt
- [ ] Drawstring bag
- [ ] Prayer mat
- [ ] 2 pairs of slippers (1 brand new, if wearing for tawaf)
- [ ] Undergarments
- [ ] Comfortable shoes
- [ ] T-shirt & sweatpants
- [ ] PJs
- [ ] Nail cutter
- [ ] Vaseline

Women's Essentials

- [ ] Abayas — pack at least 3 (1 for Umrah, 2 for other outings so you can shop for the rest there)
- [ ] Hijabs (a few) + hijab undercaps + pins
- [ ] PJs
- [ ] Comfy shirt / t-shirts, cotton preferred
- [ ] Comfy pants / light sweatpants, cotton preferred
- [ ] Dresses — breathable and comfortable
- [ ] Undergarments
- [ ] Socks with grip
- [ ] New shoes or slippers for Umrah, if applicable
- [ ] Bathroom slippers
- [ ] Black slides
- [ ] Comfortable shoes
- [ ] Nail cutter
- [ ] Shampoo & conditioner
- [ ] Hairbrush
- [ ] Scissors, for trimming hair after Umrah is complete
- [ ] Drawstring bag
- [ ] Prayer mat

PART SIX

Umrah Day String Bag

Ready to be used — a small string bag to carry with you for the Umrah itself.

- [ ] Scissors (women)
- [ ] New slippers or shoes for Umrah, if applicable
- [ ] Dua book for Umrah
- [ ] List of duas (or saved on your phone)
- [ ] Portable charger (recommended)
- [ ] Refillable bottle of water (recommended)
- [ ] Protein bar (recommended)
- [ ] Portable prayer mat

PART SEVEN

Extras & Toiletries

Electronics & Comfort

- [ ] AirPods / headphones
- [ ] Sunglasses
- [ ] Compression socks
- [ ] Converter / adapters

Health & Medication

- [ ] Multivitamins
- [ ] Vitamin C
- [ ] Pain and fever medicine (such as acetaminophen or ibuprofen)
- [ ] Diarrhea medicine (such as loperamide or bismuth subsalicylate)
- [ ] Antihistamines for allergies
- [ ] Antacids for heartburn and indigestion
- [ ] Motion sickness medication
- [ ] Mild laxative for constipation
- [ ] Bandaids

PART SEVEN

Toiletries

- [ ] Cleanser
- [ ] Moisturizer
- [ ] Sunscreen
- [ ] Serum
- [ ] Mouthwash
- [ ] Lip balm
- [ ] Hand sanitizer
- [ ] Toilet seat paper (optional)
- [ ] Vaseline (men)
- [ ] Perfume

> Keep soap, lotion, sunscreen, cleanser, serum, moisturizer and deodorant fragrance-free while in the state of ihram — scented products aren't permitted during that time. Once Umrah is complete and you're out of ihram, you're free to switch back to your usual scented products.

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