

Toiletries & Medication

Check

- Current & Regular Medication (e.g inhalers) ☐
- Epi Pen / Insulin & Store in a FRÍO® wallet ☐
- First Aid kit including Plasters ☐
- Blister plasters (Compeed) / Cream ☐
- Diarrhoea Medication (e.g Imodium for tummy upsets) ☐
- Pain Killers ☐
- Sore Throat Lozenges / Spray ☐
- Honey ☐
- Vitamin C supplements (e.g Dextro Energy Tablets) ☐
- Hydration tablets (e.g Dioralyte) ☐
- Vicks Vapo Rub ☐
- Lip Balm ☐
- Tooth brush & Toothpaste / Miswak ☐
- Comb ☐
- Toilet Paper ☐
- Hajj Safe - 3in1Liquid Soap (Approved to be used in state of Ihram) ☐
- Soap + Travel Soap Dish ☐
- Shower Gel / Shampoo ("Simple" range are perfume free) ☐
- Vaseline (Small) ☐
- Nail Clipper ☐
- Small Scissors ☐
- Towels – large and small ☐
- Disposable razors / Hair Clipper ☐
- Deodorant / Attr/Ittr (not to be used in state of Ihram) ☐
- Cream/Balm e.g E45 – for cracked skin on heels & to moisturise ☐
- Toiletries Bag ☐

Useful Contacts

British Consulate (Jeddah) +966 (0)12 622 5550
Ministry of Hajj & Umrah +966 9 2000 2814 (Outside KSA)
800 4304444 (Inside KSA Toll Free)

Emergency Services in Kingdom of Saudi Arabia (KSA):
Ambulance 997 Police 999 Traffic Accidents 993

Miscellaneous

Check

- Suitcase locks + keys ☐
- Spare Luggage tags ☐
- Ear Plugs ☐
- Eye Mask ☐
- Travel Neck Pillow ☐
- Carrier Bags ☐
- Plastic zip lock sandwich bags (to keep items secure and dry) ☐
- CBHUK Drawstring Bag (for your footwear etc.) ☐
- CBHUK Branded Pen / Pencil ☐
- CBHUK Branded Notebook ☐
- CBHUK Branded Lanyards (for your ID Cards) ☐
- Snack Bars / Dry Snacks / Travel Sweets ☐
- Pot Noodles (Instant Food) / Cereal ☐
- Plastic Bowl/Spoon/Fork/Knife ☐
- Plastic Drinks Bottle ☐
- Travel Alarm Alock ☐
- Wrist Watch ☐
- 4way, 2meter Gang Lead (for Mina Camps) ☐
- Travel Kettle (+ tea bags & sugar) ☐
- Travel Iron ☐
- Digital Travel Scales (for suitcase) ☐
- Distinct Coloured Suitcase ☐
- Cabin Trolley Case ☐

This Leaflet is Sponsored by:



THE COUNCIL OF BRITISH HAJJIS (CBHUK)
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HAJJ & UMRAH

Travel Checklist



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Introduction

Those intending to go for Hajj or Umrah are embarking upon a **Journey of Lifetime** – a Journey like none other! They must prepare mentally, physically, emotionally and most importantly spiritually.

Allah says: *“And take a provision (with you) for the journey, but the best provision is At-Taqwa (piety, righteousness, etc.). So fear Me, O men of understanding!”* (Quran 2:197)

Here You'll find a list prepared by our Travel Experts with feedback from scholars, doctors and pilgrims alike. The list is a recommendation. You should always consult your own tour operator and a doctor for medical advice.

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#TravelAware

1. Get travel insurance

Make sure you take out travel insurance. Check that it covers everything you need it to. for example lost or stolen luggage, medical costs etc.

2. Visit your GP or health centre

Make an appointment with a health professional or your GP to find out which vaccinations or medications you might need. Even if you've previously lived abroad, you may no longer be immune to the diseases common in that region (e.g. malaria).

3. Find out about your destination

Although you may be familiar with your destination, the situation in a country can change very quickly. find out the latest travel advice by checking www.gov.uk/knowbeforeyougo

4. Get your documents in order

Check with the relevant embassies what visas are required and ensure that your passport is valid for at least 6 months after you return back to the UK. Make photocopies of your passport, tickets, itinerary and insurance documents, or store online copies on a secure data storage site.

5. Don't bring back certain foods

Did you know it is illegal to bring meat and dairy products into the UK from outside the European Union? There are also strict rules on food products such as fish, shellfish. honey, fruits and vegetables. To check what you can bring back go to:

www.gov.uk/bringing-food-animals-plants-into-uk/food

6. Tell others where you are going

Tell family and friends where you are going and leave them your contact details, insurance policy details and your itinerary.

7. Emergency Contingencies

Make sure you have enough money to cover emergencies and any unexpected delays. Consider taking more than one means of payment with you (cash, debit card, credit card).



For more information visit:

www.gov.uk/knowbeforeyougo

Travel Essentials

Check

- Passport (At least 6 months validity with Visa) ☐
- Valid Tickets ☐
- Vaccination Certificates ☐
- Active Email (with Password Recovery Working) ☐
- Local Currency ☐
- Money (Provisions for family at home & in case of emergency) ☐
- Emergency Credit/Debit Card (Let your bank know before travel) ☐
- Photocopies of travel documents ☐
- Emergency Contact Numbers (Group Leader / Ministry of Hajj & Umrah / British Consulate / CBHUK) ☐
- Full Travel Itinerary ☐
- ATOL Certificate ☐
- Hajj Safe Side Bag / Flight Bag ☐

Islamic Resources

Check

- Pocket Quran ☐
- Hajj & Umrah Guide Books ☐
- Dua Books ☐
- Tasbeeh ☐
- Prayer Mat ☐
- 7 Bead Tasbeeh for Tawaf/Sa'ee ☐

Clothing & Accessories

Check

- Ihram x 2 ☐
- Safety pins for Ihram ☐
- Hajj Safe Anti-Theft Secure Waist Belt/Bag ☐
- Sandals, Flip-Flops & Trainers ☐
- Set of Clothing in Hand Luggage ☐
- General Clothing, Light Clothing advisable Thobe, Cotton Trousers ☐
- Hoody / Cardigan / Light weight Jumper ☐
- Skull Cap for Prayers / Baseball Cap / Sun Visor / Scarf ☐
- Underwear & Socks (Cushioned Socks) ☐
- Sunglasses ☐
- Spare Spectacles (If required) ☐
- Folding Umbrella (Provides protection from the Sun/Provides Shade) ☐

Days of Hajj

Check

- CBHUK Pouch for collecting pebbles for Jamaraat ☐
- Rucksack/Backpack ☐
- Inflatable Pillow ☐
- Sleeping Bag (+ Purchase a straw mat in Makkah to lay on the ground) ☐
- Light Blanket/ Bed Sheet ☐
- Torch ☐

Electronics & Gadgets

Check

- Universal Travel Adaptor ☐
- Unlocked Mobile Phone (Cheap Nokia as battery lasts longer) ☐
- Phone Charger / Multi Connection Lead ☐
- Local Sim Card / Sim Card Adaptors (Nano, Micro, Standard) ☐
- Pocket USB Power Bar ☐
- Laptop / iPad ☐
- Blank USB Pen Drive ☐
- MP3 Player ☐
- Headphones/Earphones ☐