NOOR UMRAH TRAVELS

What to Pack for Umrah – Complete Umrah Packing List for Men & Women

Complete Umrah packing list for UK pilgrims. Men & women checklist for Ihram, shoes, toiletries, meds, electronics & docs. Save this page now.

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Umrah packing list stress is real. And to be honest, it’s not like packing for a normal holiday. You’re packing for worship, long walks, crowds, heat, and the rules of Ihram (the sacred state for Umrah). One missing item can mean an expensive last-minute shop in Makkah. Or worse, discomfort right when you want focus and khushu’.

So we made this page the way our own team packs. It’s a full **Umrah checklist** for men and women. It covers Ihram items, shoes, bags, toiletries, medicine, gadgets, money, seasons, and documents. It’s also written for UK pilgrims, so you’ll see Boots, Superdrug, Primark, Argos, Amazon UK, and Sports Direct.

Save this page now. Screenshot the tables. And if you’d like help planning the whole trip, you can Book your Umrah package with our UK team.

One more thing. Before you buy anything, read the Ihram rules. It’ll save you from packing the wrong toiletries.



Umrah packing list essentials flat lay with Ihram, travel prayer mat, unscented toiletries, power bank and passport

Ihram Packing List for Men

Start with the basics.

For men, Ihram is two white unstitched cloths. One wraps the waist (izar). One covers the upper body (rida). It sounds simple. But small extras make a big difference.

We’ve arranged Umrah trips for thousands of UK pilgrims. Since 2014, the same issues come up. Cloth slips. Pins go missing. Sandals hurt. And someone always forgets a spare set (yes, really).

Item	Qty	Notes	Where to Buy (UK)
Ihram towels (white, unstitched)	2 sets	One to wear, one spare	Amazon UK, Islamic shops, East London
Ihram belt (money belt style)	1	Stops slipping + holds phone/cash	Amazon UK, Argos

Item	Qty	Notes	Where to Buy (UK)
Ihram pins (large safety pins)	4–6	For shoulder and waist wrap	Primark, Amazon UK
Ihram-friendly slippers/sandals	1 pair	Must not cover ankle bone	Primark, Sports Direct
Unstitched waist wrap (izar) spare	1	Backup if first gets dirty	Islamic bookshops

Now, here's the thing. Many brothers ask, "What to wear under Ihram?" Scholars differ on some details. So don't guess. If you're unsure, read our Read our complete Ihram rules guide and follow your madhhab or a trusted scholar.

Also, wash your Ihram before you fly. It softens the cloth. It also removes stiffness. Your skin will thank you.

Quick tip from our team: buy your best Ihram for Umrah in the UK. You can buy in Makkah, sure. But airport shops are pricey. And you'll be tired. Amazon UK usually has decent sets from about £10–£25.

Umrah Packing List for Ladies – What Women Should Pack

Keep it light.

Women don't wear the two-cloth white Ihram like men. But women still enter Ihram (the sacred state). So the rules still matter. Scented items matter. Face covering rules matter. And comfort matters a lot.

We've seen it first-hand. A heavy abaya in Makkah heat can ruin your day. And a slippery scarf can become a constant fuss in Tawaf (circling the Kaaba). So pack for ease.

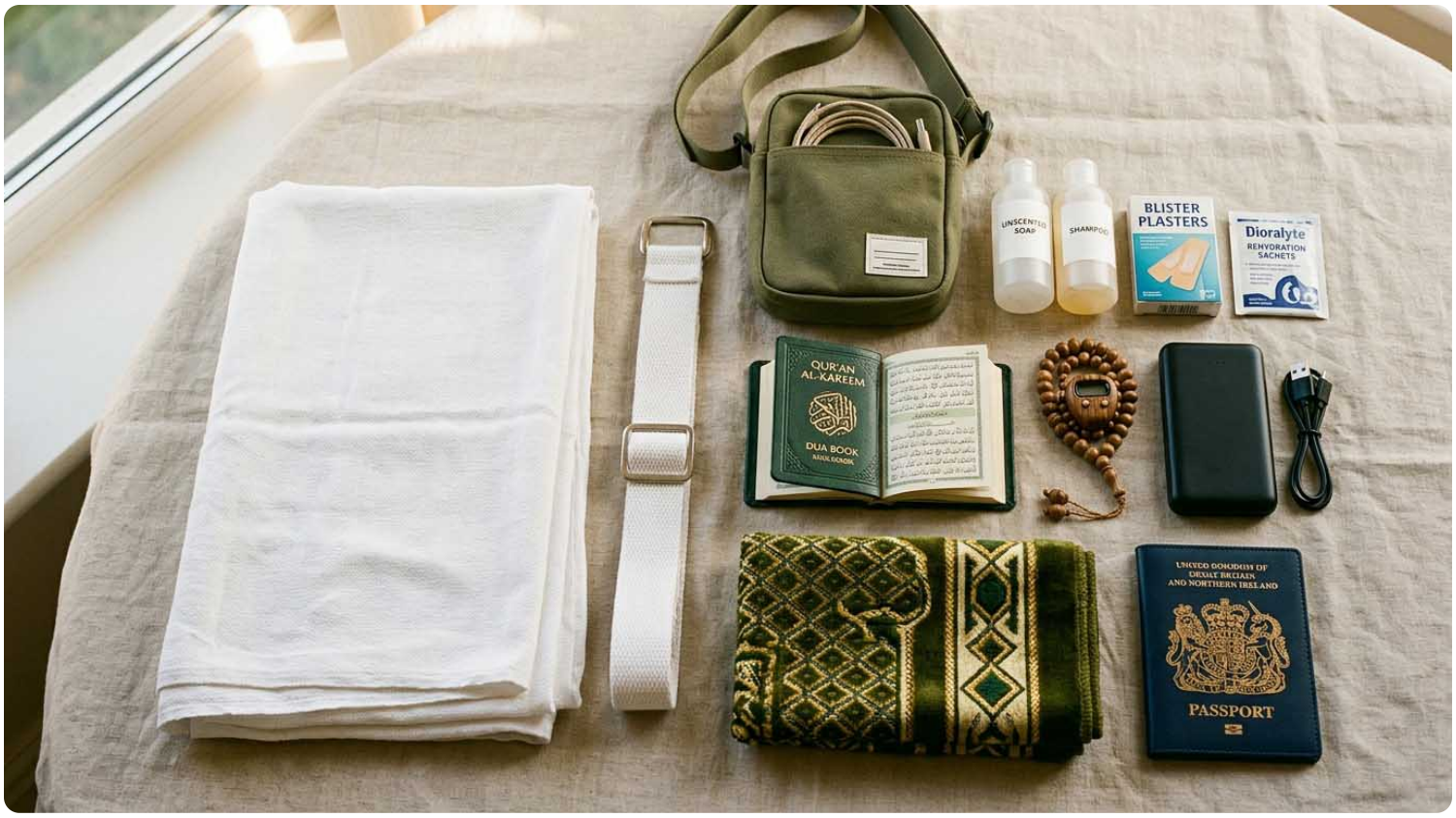
Item	Qty	Notes	Where to Buy (UK)
Abaya (loose, dark/neutral)	2–3	Lightweight and breathable	Online Islamic stores, local shops
Hijab/scarves	3–4	Cotton or jersey, neutral colours	Amazon UK, local shops

Item	Qty	Notes	Where to Buy (UK)
Hijab underscarves	3–4	Absorbs sweat, stops slipping	Amazon UK, Islamic stores
Hijab pins	20+	You will lose them	Primark, Amazon UK
Loose trousers/skirts (under abaya)	2–3	Light cotton is best	Primark, H&M
Long-sleeve tops	2–3	For hotel, layering, or cool AC	Any high street
Comfortable flat shoes/sandals	2 pairs	Easy on/off at mosque entry	Sketchers, Primark
Socks (non-slip)	3–4	Marble floors can be slippery	Primark
Night clothes	2 sets	Comfy and modest	Any
Underwear	7+ days	Pack extra	Any
Sanitary products	Enough	You may not find your brand	Boots, Superdrug

A common question: “Is there a colour for women’s Ihram?” No fixed colour. Many sisters choose white or neutral. It’s personal. But choose what’s modest and comfortable.

If you wear niqab, note this. Most scholars say the face shouldn’t be covered in Ihram. Use a visor-style face shade instead. It helps. It also keeps airflow.

And please don’t ignore socks. The Haram floor can be slick. Non-slip socks are a small win. They prevent falls. We’ve seen slips happen.



Umrah packing list for ladies with abaya, hijabs, non-slip socks and flat sandals laid out

Best Shoes & Footwear for Umrah

Your feet will work hard.

Most pilgrims clock 10,000–20,000 steps a day. Tawaf alone can be a lot. Add Sa’i (walking between Safa and Marwah). Then add hotel walks, lifts, and food runs. It adds up fast.

So your Umrah essentials start with shoes. Also, you’ll take them off a lot. That’s why slip-on matters.

Item	Purpose	Recommendation	Where to Buy
Slip-on sandals/sliders	Daily Haram use	Adidas Adilette, Nike slides, Birkenstock	Sports Direct, JD Sports
Comfortable walking shoes	Ziyarat days	Sketchers Go Walk, New Balance	Sketchers outlet, Sports Direct
Non-slip socks	Inside Haram	Grip socks (any)	Primark (3-pack)

Item	Purpose	Recommendation	Where to Buy
Ihram-compliant sandals (men)	During Ihram	Open-toe, below ankle	Primark, Amazon UK

Break in shoes before you travel. Please do it. New shoes equal blisters. And blisters in Tawaf are miserable.

Also pack a small plastic bag. Use it for your shoes at the Haram. Shoes go missing. Not always stolen. Sometimes moved. Either way, it’s chaos.

If you’re planning Ziyarat, you’ll walk more. For ideas, see our guides on places to visit in Makkah and places to visit in Madinah. Then pack walking shoes for those days.

Best Bags for Umrah – What to Carry in the Haram

Small is safer.

Crowds in Masjid al-Haram can be intense. A big bag is a headache. It bumps people. It gets caught. It also makes you a target for pickpockets. Theft is rare, but crowds are crowds.

Item	Purpose	Recommendation
Small cross-body bag	Daily Haram use	Lightweight, anti-theft, under £20
Waist bag / fanny pack	Tawaf	Close-fitting, hands-free
Day backpack	Ziyarat tours	Foldable and light
Shoe bag (drawstring)	Carry shoes inside Haram	Reusable bag from home
Money belt (hidden)	Passport/cash backup	Worn under clothes

Waist bag is our top pick for Tawaf. It keeps your hands free for dua. It also stops a swinging shoulder strap.

Women often ask about an Umrah bag for ladies. Cross-body wins. It’s secure. It’s easy. And it stays close.

Umrah Toiletries – What’s Allowed During Ihram

This is where people slip up.

During Ihram, you can’t use scented products. That includes perfume, scented soap, shampoo, deodorant, and fragranced lotions. So check labels. “Fresh scent” is still scent. Keep it fragrance-free.

If you want the full list of what’s allowed, see What’s prohibited during Ihram. It’s worth five minutes.

Item	During Ihram?	Notes	Where to Buy (UK)
Unscented soap	✅ Yes	Must be fragrance-free	Boots (Simple range), Superdrug
Unscented shampoo	✅ Yes	Baby range often works	Boots
Unscented deodorant	✅ Yes	Crystal or fragrance-free roll-on	Boots, Holland & Barrett
Regular toiletries	❌ After Ihram	Use normally after completing Umrah	Any
Toothbrush + toothpaste	✅ Yes	Keep it simple	Any
Wet wipes (unscented)	✅ Yes	Very handy in crowds	Tesco, Boots
Tissues	✅ Yes	Travel packs	Any
Nail clippers	After Ihram	Use after halq/taqsir	Any
Razor (men)	After Ihram	For shaving post-Umrah	Any
Sunscreen (unscented)	✅ Yes	Makkah sun is strong	Boots (sensitive range)
Lip balm (unscented)	✅ Yes	Dry air cracks lips	Boots (Vaseline original)
Miswak	✅ Yes	Sunnah tooth-cleaning stick	Islamic shops, Amazon UK

Item	During Ihram?	Notes	Where to Buy (UK)
Hand sanitiser (unscented)	✅ Yes	Crowds and shared surfaces	Boots, Superdrug
Vaseline	✅ Yes	Stops chafing from Ihram	Any

Our honest tip: build a small fragrance-free kit in the UK. Boots and Superdrug make it easy. Simple and baby ranges are often your friend.

And pack Vaseline. Seriously. Ihram rubbing is real. Long walks make it worse.



Ihram packing list for men showing white cloths, Ihram belt, safety pins and ankle-free sandals

Umrah Medicine List – Health Essentials to Pack

Don’t rely on “we’ll buy it there”.

Saudi pharmacies are great. But when you feel unwell, you don’t want a hunt. Also, brand names differ. So pack a basic kit from the UK. It’s one of the most ignored Umrah essentials.

Item	Why	Notes
Paracetamol / Ibuprofen	Headaches, pain, fever	Grab a multi-pack from Boots
Rehydration sachets (Dioralyte)	Heat and dehydration	Pack 10+ sachets
Imodium	Stomach upset	Very common after food changes
Antihistamines (Cetirizine)	Dust and allergies	Makkah can be dusty
Plasters & blister pads (Compeed)	Blisters	You will get blisters
Deep Heat / Voltarol gel	Muscle pain	Legs ache after long days
Throat lozenges	Sore throat	AC + dust can trigger it
Eye drops	Dry eyes	AC dries you out
Prescribed medication	Your personal needs	Bring a GP letter if controlled
Face masks	Crowds	Good for coughs and dust
Electrolyte tablets	Hydration support	Helpful in hot months
Small first aid kit	Small cuts	Plasters + antiseptic wipes
Insect repellent	Mosquitoes (evenings)	Unscented if in Ihram
Anti-chafe cream / Vaseline	Chafing	Men often need it in Ihram

Pack medicine in your hand luggage. Not checked bags. Lost luggage happens. You still need your meds that day.

If you're unsure about any health rules, check the NHS travel advice pages. Here's the UK source: NHS travel vaccinations.

Electronics to Pack for Umrah

Your phone becomes your lifeline.

It holds your boarding pass, hotel details, maps, and family messages. It also holds Qur’an and dua apps. So keep it charged. Keep it simple.

Item	Why	Notes
Power bank (10,000mAh+)	Long Haram days	Charge it every night
UK plug adapter	Hotel sockets vary	Universal adapter is safest
Phone charging cable (spare)	Cables break	Bring two
Earphones	Listening to Qur’an	Small and light
Small Bluetooth speaker (optional)	Hotel room recitation	Keep volume respectful

Saudi Arabia plug type: it’s mainly Type G. That’s the same as the UK 3-pin. But some older hotels still have Type A or Type C. So bring a universal adapter. It costs about £5–£10 from Argos or Amazon UK.

Download apps before you fly. Wi-Fi near the Haram can be shaky when it’s busy.

If you’re choosing stays, sockets and room setup vary by hotel. Our Umrah packages UK usually include hotels close to Masjid al-Haram and Al-Masjid an-Nabawi. It makes life easier.

Prayer & Spiritual Items for Umrah

This is the heart of it.

Yes, you need bags and shoes. But you also need items that help you stay present. A small dua list can change your whole Umrah. It keeps you calm. It keeps you focused.

Item	Why	Recommendation
Travel prayer mat (foldable)	Airports, hotel, outdoors	Light, pocket-sized
Umrah dua book	Quick reference	Small pocket guide
Tasbeeh counter	Dhikr	Digital or beads
Small Qur’an	Reading in hotel/Haram	Pocket size

Item	Why	Recommendation
Pen + small notebook	Write your personal duas	Keep it in your bag
Printed Ihram guide	Quick reminders	Print key pages

Write your dua list before you go. Do it at home. When you first see the Kaaba, emotions hit hard. Minds go blank. A list helps.

For specific duas, keep these links saved: Duas for Tawaf and Duas for Safa and Marwa. Also keep our Complete Umrah dua list open on your phone.

How Much Money to Take for Umrah

Plan it. Then relax.

Money stress ruins focus. So set a simple budget. Most UK pilgrims don’t need huge cash. Cards work in most places in Makkah and Madinah. But cash still helps for small buys.

Category	Estimated Cost (per person)	Notes
Food (7–10 days)	£100–£200	Near Haram: about £5–£15 per meal
Transport (local taxis)	£20–£50	Uber/Careem are common
Shopping/souvenirs	£50–£200	Dates, gifts, prayer beads
Emergency fund	£100–£200	Always keep a buffer
Total recommended	**£300–£600 per person**	For a 7–14 day trip

Cash vs card: take about £100–£150 in SAR for small vendors and tips. Use card for the rest. Also use a money belt in crowds. It’s simple. It works.

If you’re still deciding dates and budgets, our team can help you match your budget to hotel distance and flight options. Start here: Umrah packages UK.

What to Pack for Umrah by Season

Weather changes your list.

Makkah is hot most of the year. Madinah can feel cool at night in winter. And air conditioning is strong in both cities. So pack light layers.

Season	Months	Makkah Temp	Madinah Temp	Extra Items to Pack
Summer	Jun–Sep	38–48°C	35–45°C	Extra water bottle, electrolytes, light umbrella, more sunscreen, cooling towel
Winter	Nov–Feb	20–30°C	12–22°C	Light jacket, warm layer for evenings, warm socks, prayer shawl (women)
Ramadan	Varies	Varies	Varies	Dates for iftar, reusable bottle, energy snacks, patience
Spring/Autumn	Mar–May, Oct	28–38°C	22–35°C	Standard list, light layer for AC

If you're travelling in winter, many people search "what to pack for Umrah in December". Add a light jacket for Madinah nights. Add warm socks too. The marble can feel cold.

And if you're planning a busy month, read our timing guide. It helps: Best Time to Perform Umrah 2026: Cheapest, Coolest & Least Crowded Months.

Umrah Documents Checklist & Baggage Allowance

Documents first. Always.

Before you buy more clothes, check your passport expiry. Saudi entry rules can be strict. Keep printed copies too. Phones die.

Document	Essential?	Notes

Passport (6+ months validity)	□ Mandatory	Check expiry now
Umrah visa (e-visa printout)	□ Mandatory	Digital + printed copy
Flight tickets	□ Recommended	Print as backup
Hotel booking confirmations	□ Recommended	Print key pages
Vaccination certificate (Meningitis ACWY)	□ Mandatory	Keep it with your passport
COVID vaccine certificate	Check rules	Rules can change
Travel insurance documents	□ Recommended	Save PDF + print
Passport photos (spare)	Recommended	4 copies is enough
Photocopy of passport	Recommended	Keep separate from original
GP letter (for medication)	If needed	For controlled medicines
Emergency contact card	Recommended	Hotel + UK contact + agent number

For official UK passport guidance, use the UK Government site: Saudi Arabia travel advice (GOV.UK).

Common baggage allowance (always re-check your ticket):

Airline	**Checked Bag**	**Hand Luggage**	**Notes**
Saudia	2x 23kg	7kg	Often generous for Umrah routes
British Airways	1x 23kg	23kg + personal item	May need extra bag purchase
Turkish Airlines	2x 23kg	8kg	Good allowance
Emirates	1x 30kg	7kg	Single heavy bag option
Pakistan International (PIA)	2x 23kg	7kg	Check current policy

Many people also ask about bringing Zamzam water home. Some airlines allow 5 litres as an extra item. Others charge. So check before you fly back.



Umrah medicine list and unscented toiletries kit packed in a clear zip pouch for carry-on

Frequently Asked Questions – Umrah Packing

We get asked these a lot. So here are straight answers.

What is the most important thing to pack for Umrah?

Comfortable slip-on footwear and unscented toiletries. You'll walk 10,000–20,000 steps on many days. And scented products are not allowed during Ihram. Buy fragrance-free soap, shampoo, and deodorant in the UK before you go.

Can I use deodorant during Umrah/Ihram?

Yes, but only if it's unscented or fragrance-free during Ihram. Regular scented deodorant is not allowed while you're in Ihram. After you complete Umrah and exit Ihram, you can use normal products again. Crystal deodorant is a common option from Holland & Barrett.



Best shoes for Umrah shown as broken-in slip-on sandals and walking trainers with blister pads

What shoes are best for Umrah?

Slip-on sandals or slides are best for daily use. You'll remove them often when entering the Haram. For long walking days, pack trainers like Sketchers Go Walk or similar. Break them in before you travel to avoid blisters.

Do I need a travel adapter for Saudi Arabia?

Saudi Arabia mainly uses Type G plugs, which match the UK 3-pin. But some older hotels use Type A or Type C sockets. So a universal travel adapter is the safest choice. It's cheap and saves stress.

How much spending money should I take for Umrah?

For a 7–14 day trip, we suggest about £300–£600 per person. That covers food, local transport, shopping, and an emergency buffer. Cards work in most places. Still, carry around £100–£150 in SAR for small vendors and tips.

What should women pack for Umrah?

Pack 2–3 lightweight abayas, 3–4 breathable hijabs, and comfortable flat slip-on shoes. Add non-slip socks for the marble floors. Also pack unscented toiletries for Ihram. And bring sanitary products from the UK if you have a preferred brand.

Can I take medicine to Saudi Arabia?

Yes. Keep all personal medicine in your carry-on bag. If you take controlled medicine, bring a GP letter. Standard items like paracetamol, antihistamines, and Imodium are fine. Saudi pharmacies are common too, but it’s best to be ready.

What is the baggage allowance for Umrah flights?

It depends on the airline and ticket type. Saudia often allows 2x 23kg checked bags. British Airways often allows 1x 23kg. Turkish Airlines often allows 2x 23kg. Always check your booking, as rules change.

What should I pack for Umrah in winter (December/January)?

Pack the standard list, plus a light jacket for Madinah evenings. It can drop to around 10–12°C at night. Bring warm socks too. And add a light layer for strong air conditioning indoors.

Should I pack a prayer mat for Umrah?

Yes, a small foldable travel prayer mat is useful. You’ll use it at the airport, in hotel rooms, and during layovers. Inside the Haram, you won’t need it because prayer areas are already set. Keep it light and easy to carry.

Conclusion

Packing for Umrah doesn’t need to feel heavy. Stick to the basics: comfy slip-on shoes, unscented toiletries for Ihram, a good Ihram set (men), light abayas (women), your medicine, a power bank, and a small dua book. Most other items can be bought in Makkah or Madinah if you forget.

And the most important thing you pack is your intention (niyyah). May Allah accept your Umrah and make it easy.

If you’re ready to plan, you can Browse our Umrah packages. Or Contact us for a free quote. And for the rituals, keep this saved: How to perform Umrah step by step.

Helpful next steps for UK pilgrims

If you want to turn this advice into a clear plan, the pages below will help you go one step further. They cover the wider rules, package choices, checklists, and practical travel points that usually come up after you finish a guide like this one.

- Hajj Packages UK 2026 This pillar page gives you the full background, key rules, and step-by-step context around this topic. It is the best place to go if you want the bigger picture before you make any travel decisions. It is especially helpful if you are looking for hajj packages uk.
- Umrah Packages from Bradford This page is useful when you want real options, package details, hotel information, and practical UK departure planning. It helps you compare what is available instead of staying at the research stage. It is especially helpful if you are looking for umrah packages from bradford.
- Umrah Packing List from the UK | Complete Checklist This supporting guide answers a closely related question and adds more detail, examples, or travel tips. It works well as your next read if you want a narrower answer after this main article. It is especially helpful if you are looking for Prepare for Umrah with this Umrah packing list from the UK. A complete checklist covering documents, clothing, health items, and travel essentials.
- Best Ramadan Umrah Packages UK 2026: Full Month vs Last 10 Nights This supporting guide answers a closely related question and adds more detail, examples, or travel tips. It works well as your next read if you want a narrower answer after this main article. It is especially helpful if you are looking for Discover the best Ramadan Umrah Packages UK 2026. Compare full month vs last 10 nights, prices, and travel tips for UK pilgrims.
- 10 Days 3 Star Umrah Package This page is useful when you want real options, package details, hotel information, and practical UK departure planning. It helps you compare what is available instead of staying at the research stage.
- Umrah Packages from London This page is useful when you want real options, package details, hotel information, and practical UK departure planning. It helps you compare what is available instead of staying at the research stage. It is especially helpful if you are looking for umrah packages from london.

Reading a few of these pages together will give you a fuller view than relying on one article alone. That matters even more when you are comparing routes, costs, rituals, and timing from the UK.

Why this matters for your planning

If you are searching for an Umrah packing list, you usually want one thing: clear guidance you can trust before you travel. That means the information needs to be practical, easy to follow, and tied to the real questions UK pilgrims ask before they leave.

A strong Umrah packing list should not just repeat key terms. It should help you understand what to do next, which pages to read after this one, and how to move from general research to a real travel plan with fewer gaps.

That is also why this Umrah packing list works best when you use it together with the wider step-by-step guides, package pages, and support articles linked above. Reading them together gives you a fuller picture and helps you make better decisions before you book.