

# What to Wear for Umrah - Complete Guide

## Ihram for Men & Women

Ihram for men made simple. Learn Umrah clothing rules, women's Abaya tips, footwear advice and UK buying tips for 2026.

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Ihram for men is the bit that worries first-time pilgrims most. We get asked about it all the time. Two white sheets? No underwear? What sandals count? And sisters usually ask the other side of it — does my Abaya have to be black, and what shoes should I wear?

The good news is this. Umrah clothing is much simpler than people think. We've helped pilgrims from London, Birmingham, Manchester and Bradford for years, and the same questions come up on almost every booking call. Once you know the rules, you're sorted.

Short version? Men wear two white unstitched sheets, plus open sandals. Women wear normal modest clothes, usually an Abaya and hijab. That's the quick answer. But timing matters, comfort matters, and a few small mistakes can cause stress you just don't need.

If you'd like help with the wider plan, have a look at [our detailed Ihram rules guide](#) and our [Umrah packing list](#). Both will save you a lot of last-minute panic.



*What to Wear for Umrah with Ihram for Men and Abaya for Women Guide*

## What Is Ihram? (Quick Explanation Before We Get Into Clothing)

Let's keep this simple.

Ihram has two meanings. First, it's the sacred state you enter before Umrah or Hajj. Second, people use the word for the actual clothing, especially the two white sheets worn by men.

So when people ask, "what is Ihram?", they usually mean both. The state and the clothes.

For men, Ihram clothing means two unstitched white cloths. One wraps the lower body. That's the Izar. The other goes over the upper body. That's the Rida. For women, though, it's different. And this confuses loads of people.

Quick myth-bust: women do **not** wear the same white sheets. Nope. That's just for the brothers. Sisters wear normal loose modest clothes. Usually an Abaya with hijab. Simple.

You enter Ihram at the Miqat. That's the boundary set for starting Umrah. On flights from the UK to Jeddah, cabin crew often announce it before you cross. So you need to be ready before then.

Once you're in Ihram, some things become forbidden. For example, men can't wear stitched clothes. Both men and women must avoid perfume. And you can't cut hair or nails until you're done.

There's deep meaning in all this. Rich or poor, everyone stands before Allah in simple dress. No labels. No status. Just worship. That's the beauty of it.

## Ihram for Men - What to Wear & How to Put It On (Step by Step)

Right. Here's the main bit.

If you're stressing about Ihram for men, don't. Once you've practised it once or twice at home, it becomes easy. A bit awkward the first time, yes. Then fine after that.

These are the two garments:

Garment	What It Is	What It Does
<b>Izar</b> (lower)	White unstitched sheet	Wraps around your waist like a long towel
<b>Rida</b> (upper)	White unstitched sheet	Drapes over your shoulders like a shawl

Here's how to wear Ihram in real life.

1. Take ghusl before you start. That's a full wash. It's Sunnah.
2. Trim nails and sort body hair first. Do it before entering Ihram, not after.
3. Put perfume on your body if you want. Not on the cloth. This is your last chance for scent for a while.
4. Wrap the Izar around your waist. Overlap it well. It should cover from your navel to above your ankles.
5. Put on your Ihram belt. Honestly, mate, get one. It keeps everything secure.
6. Drape the Rida over both shoulders.
7. When you do Tawaf, uncover the right shoulder by tucking the Rida under your right armpit. After Tawaf, cover both shoulders again.

8. Wear open sandals. Ankles and top of the feet should stay visible.
9. Make your intention at Miqat and begin the Talbiyah.

## Dua for Entering Ihram

### ARABIC

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ، لَبَّيْكَ لَا شَرِيكَ لَكَ، لَبَّيْكَ إِنَّ الْحَمْدَ وَالنِّعْمَ وَالْمُلْكَ  
لَكَ، لَبَّيْكَ إِنَّ الْحَمْدَ وَالنِّعْمَ وَالْمُلْكَ لَكَ، لَبَّيْكَ لَا شَرِيكَ لَكَ

### TRANSLITERATION

*Labbayk Allahumma labbayk, labbayka la shareeka laka labbayk, innal hamda wan-ni'mata laka wal-mulk, la shareeka lak*

### TRANSLATION

Here I am, O Allah, here I am. Here I am, You have no partner, here I am. Indeed, all praise, grace and sovereignty belong to You. You have no partner.

### REFERENCE

Sahih al-Bukhari

Now, here's the thing. The belt matters more than people think. We see brothers try to save a few quid and go without one. Then they're adjusting the cloth every two minutes, clutching a phone, and panicking in Tawaf. Nobody wants their Izar slipping mid-Tawaf. Spend the £5.99. Thank us later.

An Ihram belt usually has a zip pouch too. That's handy. You can keep your room card, some cash, and your phone close without needing a bag.

❑ Nope	Why
T-shirts, shirts, vests	Stitched clothing
Trousers, jeans, shorts	Stitched clothing

<input type="checkbox"/> <b>Nope</b>	<b>Why</b>
Underwear	Stitched clothing
Socks	Top of foot should show
Closed shoes or trainers	Not suitable in Ihram
Hats, caps, hoodies on head	Head must stay uncovered
Perfume or scented products	Fragrance is forbidden in Ihram

And yes, there are things you *can* wear.

<input type="checkbox"/> <b>You're Fine</b>	<b>Notes</b>
Ihram belt or money pouch	Very useful
Watch	Fine
Glasses or sunglasses	Fine
Ring	Fine
Unscented deodorant	Check the label properly
Medical items	Of course fine

If you want the finer fiqh details, read our [full Ihram rules breakdown](#). It's useful before you fly.



*How to Wear Ihram Step by Step Men Guide*

## Ihram for Women - What to Wear (It's Simpler Than You Think)

Sisters, this bit is easier.

You do not need special white cloths. That's men only. Your Ihram is just your normal modest clothing. Abaya, hijab, comfy shoes. That's it.

But there are a few rules. So let's make them clear.

Requirement	The Rule
Clothing	Loose, modest, covers everything except face and hands
Abaya	Any colour is fine
Hijab	Hair must be fully covered
Face	Uncovered during Ihram

Requirement	The Rule
Hands	Uncovered during Ihram
Shoes	Any comfortable shoes
Perfume	Not allowed
Make-up	Best avoided in Ihram

The number one question we get is this: does my Abaya have to be black? No. Not at all. Black, white, navy, grey, olive, beige — all fine. Just keep it modest and simple. No need for anything flashy.

White Abayas are popular in Umrah. So are dark colours that don't show dust. Both work. We've seen sisters travel with one plain black Abaya from the UK, then buy another in Makkah because the choice there is huge. That's a good plan, to be honest.

Take at least 2 or 3 Abayas. You'll walk a lot. Some days can hit 10 km or more between the Haram, hotel, lifts, Sa'i and general walking. Clothes get dusty and sweaty fast.

For hijabs, breathable fabric is key. Cotton and viscose are great. Polyester in 40°C heat? Nightmare. You'll feel sticky by noon. We always tell our groups to pack at least 3 or 4 plain hijabs.

And here's a small tip that helps loads: magnetic hijab pins or instant pull-on hijabs are brilliant for Tawaf. Your hands are busy. You don't want to be fixing pins while moving through crowds.

About niqab. During Ihram, the face stays uncovered. So no niqab in the sacred state. Once you're out of Ihram after completing Umrah, you can wear it again if you wish.

For sisters planning the rest of their case, our [complete packing list for women](#) makes life easier.



*Abaya for Umrah Women Ihram Clothing Guide*

## What to Wear for Each Ritual - Tawaf, Sa'i & Rawdah

This part trips people up.

What you wear changes a bit depending on the ritual. Not massively. But enough that it's worth knowing before you go.

Ritual	Men	Women	Shoes?
<b>Tawaf</b>	Ihram, right shoulder exposed	Abaya and hijab	Barefoot
<b>Sa'i</b>	Ihram, both shoulders covered	Abaya and hijab	Shoes on
<b>Halq/Taqsir</b>	Ihram then exit Ihram	Abaya and hijab then trim hair	Any
<b>After Umrah</b>	Normal modest clothes	Abaya and hijab	Whatever is comfy
<b>Rawdah</b>	Smart modest clothes	Best Abaya, hijab and socks	Barefoot inside
<b>Ziyarat</b>	Smart casual	Abaya and hijab	Comfy walking shoes

For Tawaf, men expose the right shoulder. Only then. Not for Sa'i. That's a common slip.

Also, get a drawstring shoe bag. Seriously. You'll remove shoes before Tawaf, and the racks are packed. We've had pilgrims come out and spend half an hour hunting for sandals that looked exactly like 700 other pairs. A £1 bag fixes that. If you're staying close to the Haram, our guide to [hotels near Haram](#) also helps cut down that extra walking.

Before you start, it's worth saving or printing the [Tawaf duas for all 7 rounds](#) and the [Safa and Marwa duas](#). It helps when emotions are high and your mind goes blank.

## Best Footwear for Umrah - What Shoes to Actually Wear

Good shoes matter. A lot.

People focus on visas, hotels and flights. Fair enough. But bad footwear can ruin your first few days. Blisters in Makkah are no joke.

For men in Ihram, keep it open.

Type	Ihram OK?	Good For	Price
Open flip-flops	☐	Cheap and easy	£3-£10
Leather Ihram sandals	☐	Comfort and support	£10-£25
EVA open slides	☐	Light and cushioned	£10-£20
Trainers or closed shoes	☐	Not for Ihram	—

For women, there are no Ihram footwear limits. So comfort wins.

Type	Good For	Price
Walking shoes	Sa'i and Ziyarat	£20-£50
Breathable sandals	Hot weather	£10-£30
Slip-on flats	Quick on and off	£10-£20

If we had to pick one each, we'd say this. Men: soft leather Ihram sandals from Amazon, about £12. Women: Skechers Go Walk or similar lightweight walking shoes. Our female pilgrims mention these all the time. Light, easy, cushioned. Job done.

And please break them in before you travel. Wear them around the house. Go to the shops in them. Do a few stairs. New shoes plus 10 km on marble floors equals blisters by day two. Trust us, we've seen it happen.

Also pack blister plasters. And yes, we're saying it again: bring a shoe bag. Every single trip, someone loses their shoes at the racks. Every single trip.



*Best Umrah Footwear Sandals Shoes for Tawaf*

## **What NOT to Wear During Umrah (And What Happens If You Do)**

Let's keep this calm.

There are rules, yes. But if you slip up by mistake, it's not the end of the world. The main thing is to know the basics so you don't make avoidable errors.

For men in Ihram, don't wear these:

☐ <b>Don't Wear This</b>	<b>Why</b>
Stitched clothing like t-shirts, trousers, underwear, socks	Men in Ihram wear unstitched cloth only
Anything covering the head	Head stays uncovered
Closed shoes	Feet should remain open
Perfume or scented aftershave	Fragrance is forbidden

For women in Ihram, avoid these:

☐ <b>Don't Wear This</b>	<b>Why</b>
Niqab	Face stays uncovered in Ihram
Gloves	Hands stay uncovered in Ihram
Perfume or scented products	Fragrance is forbidden
Tight or see-through clothes	Clothing must stay modest

What if you break a rule?

If it's a genuine mistake, stop as soon as you realise. For example, if a brother covers his head with a towel in the heat, take it off straight away. We see this one a lot. Use an umbrella instead. Much safer.

If someone knowingly breaks a rule, then a Fidyah may be due. That usually means fasting 3 days, feeding 6 poor people, or offering a sacrifice. Your Umrah is still valid though. You don't have to start all over. If you want the detailed rulings, our team always suggests checking a trusted scholar and reading our [Ihram rules guide](#) before travel.

## What About When You're NOT in Ihram? Saudi Dress Code Explained

Once Umrah is done, things relax.

After Halq or Taqsir, you're out of Ihram. Men can change into normal clothes again. Women carry on in modest dress as normal. But you're still in Saudi Arabia, and near the Haramain modesty matters.

For men outside Ihram:

<input type="checkbox"/> <b>Fine</b>	<input type="checkbox"/> <b>Avoid Near Haram</b>
Thobe, trousers and shirt, jeans and t-shirt, trainers	Very short shorts, sleeveless vests, rude graphics

For women outside Ihram:

<input type="checkbox"/> <b>Fine</b>	<input type="checkbox"/> <b>Avoid Near Haram</b>
Abaya and hijab, loose trousers with tunic, maxi dress with hijab	Tight or revealing clothes, short sleeves near Haram

Near Masjid al-Haram and Masjid Nabawi, keep it full modest. That's the safest approach. In malls and hotel areas, you'll see more variety these days. Saudi dress code is more relaxed than it used to be. Still, around holy sites, modest wins every time.

And if you're heading to Madinah after Makkah, our guide to [hotels near Masjid Nabawi](#) is worth a read too.

## Summer Umrah vs Winter Umrah - What to Wear for Each

Season matters more than people think.

Makkah in summer can be brutally hot. Madinah in winter can feel properly cold, especially at Fajr. And this catches UK pilgrims off guard all the time.

For summer Umrah, usually April to October:

<b>What</b>	<b>Advice</b>
Makkah temp	About 35-50°C
Ihram fabric for men	Thin lightweight cotton

What	Advice
Abaya for women	Light cotton or linen
Hijab	Cotton or viscose
Footwear	Breathable sandals
Extra tip	Carry a small umbrella for shade

For winter Umrah, usually November to February:

What	Advice
Makkah temp	About 18–28°C
Madinah temp	About 10–20°C
Ihram fabric for men	Thicker towel-style cloth can help
Extra warmth for men	Wrap sheets tighter in Ihram
Women	Bring a warm shawl or cardigan
Footwear	Closed shoes useful outside Ihram

Here's what many people miss: Madinah is often much colder than Makkah. A family we helped last January packed only light clothes because they checked Makkah weather. Then they got to Madinah and needed extra layers before Fajr. So yes, pack that cardigan.

If you're still picking dates, our guide to the [best month for Umrah by weather](#) will help you choose well.

## Where to Buy Ihram in the UK (Online + Shops by City)

You don't need to overcomplicate this.

For most people, Amazon UK is easiest. An Ihram set with belt often costs about £8.99 to £15.99. That's enough for a decent first set. If you want a spare, buy two. Simple.

Store	What They Sell	Price
Amazon UK	Ihram sets, belts, Abayas, sandals	£5-£50
Islamic Impressions	Ihram, Abayas, travel bits	£10-£35
eBay UK	Budget Ihram sets and belts	£3-£20

If you prefer shops, here are the spots our clients usually head to:

City	Where to Go
Birmingham	Alum Rock Road, Small Heath
London	Whitechapel Road, Green Street
Bradford	Great Horton Road, Leeds Road
Manchester	Wilmslow Road, Cheetham Hill
Leicester	Narborough Road, Evington Road

And if you forget something? Don't stress. You can buy Ihram in Saudi Arabia too. Jeddah airport shops, hotel lobbies, and the streets around Haram all sell it. A decent set is often 30 to 100 SAR. If you need help with spending money, our [Saudi currency guide](#) will help you work out SAR to GBP before you go.

Our honest recommendation? Buy your main Ihram in the UK. Practise at home twice. Bring two sets. Then if you fancy another Abaya or spare sandals in Makkah, grab them there.

If you're still looking at travel options, you can compare our [Umrah packages UK 2026](#) or check a shorter stay like the [10 Days 4 Star Umrah Package](#).

## Quick Clothing Checklist – Screenshot This

Here's the easy version.

Screenshot it. Tick it off. Done.

### Men

Item	Qty	Must-Have?
Ihram set (Izar + Rida)	2	<input type="checkbox"/> Yes
Ihram belt with pouch	1	<input type="checkbox"/> Yes
Open sandals or flip-flops	1 pair	<input type="checkbox"/> Yes
Comfy trainers for after Ihram	1 pair	<input type="checkbox"/> Yes
Safety pins	4-6	Recommended
Normal clothes	3-4 sets	<input type="checkbox"/> Yes
Shoe bag	1	<input type="checkbox"/> Yes
Umbrella	1	Summer yes
Unscented deodorant	1	<input type="checkbox"/> Yes

## Women

Item	Qty	Must-Have?
Abaya	2-3	<input type="checkbox"/> Yes
Hijab	3-4	<input type="checkbox"/> Yes
Comfortable walking shoes	1 pair	<input type="checkbox"/> Yes
Backup sandals	1 pair	Recommended
Socks	3-4 pairs	<input type="checkbox"/> Yes
Shoe bag	1	<input type="checkbox"/> Yes
Warm shawl	1	Winter only
Unscented lotion and deo	1 each	<input type="checkbox"/> Yes
Magnetic hijab pins	2-3	Recommended

Item	Qty	Must-Have?
Umbrella	1	Summer yes

For the rest of your case, use our [full packing list with ALL items \(not just clothing\)](#). That one covers documents, medicine, chargers, snacks and more.



*Umrah Clothing Checklist Men and Women*

## 7 Clothing Mistakes We See Every Single Trip

These are real ones.

We've seen all seven on actual trips. Some are harmless but stressful. Some can lead to penalties. All are easy to avoid.

1. **Using a towel on the head for shade.** Men in Ihram can't cover the head. Use an umbrella instead.
2. **Wearing underwear under Ihram.** No, lads. Stitched clothing still counts underneath.
3. **Forgetting the right shoulder rule.** Expose it in Tawaf only. Cover both shoulders in Sa'i.
4. **Thinking women must wear white.** They don't. Any modest colour is fine.

5. **Wearing niqab during Ihram.** Face stays uncovered in the sacred state.
6. **Taking brand new shoes.** Blisters are almost guaranteed.
7. **Using “unscented” products that still contain parfum.** Read the label. Carefully.

And here's the bonus tip. Practise wearing your Ihram at home. Sit down in it. Walk in it. Climb stairs in it. It's much better to work it out in your bedroom than in an airport toilet five minutes before boarding.

## Your Questions Answered — Umrah Clothing FAQ

These are the questions we get most.



*What Not to Wear During Umrah Prohibited Items*

### What is Ihram for men?

Ihram for men means two unstitched white sheets. The lower one is the Izar. The upper one is the Rida. Men also avoid stitched clothes, head coverings and closed shoes while in the state of Ihram.

## **What do women wear for Umrah?**

Women wear normal modest clothing. Usually that's an Abaya with hijab. They do not wear the two white sheets. Any modest colour is fine, and comfortable shoes are allowed.

## **Can women wear a coloured Abaya for Umrah?**

Yes, absolutely. Black is common but not required. White, navy, grey and dark green are all fine. Just keep it plain and modest.

## **Can you wear niqab during Umrah?**

During Ihram, no. The face should remain uncovered. Once Umrah is complete and you're out of Ihram, you can wear niqab again if you choose.

## **Can men wear underwear under Ihram?**

No. Men in Ihram should not wear stitched underwear, boxers or briefs. That's why the Ihram belt helps so much. It keeps the lower cloth secure.

## **What shoes should I wear for Umrah?**

Men should wear open sandals or flip-flops during Ihram. Women can wear any comfortable shoes. For both, non-slip soles and already-broken-in footwear are best.

## **Where can I buy Ihram in the UK?**

Amazon UK is the easiest option for many people. You can also find Ihram in Islamic shops in Birmingham, London, Bradford and Manchester. Prices usually start around £8 to £15 for a decent set.

## **How many Ihram sets should I take?**

Take two minimum. One to wear and one spare. If your trip is longer, or if you sweat a lot, a third can help.

## Can you wear perfume during Umrah?

No. Avoid perfume, aftershave, scented deodorant and scented lotion once you're in Ihram. Men can apply perfume to the body before entering Ihram, but not to the cloth.

## What should I wear after completing Umrah?

Once you've done Halq or Taqsir, you're out of Ihram. Men can return to normal clothes like trousers, shirts and trainers. Women usually continue in Abaya and hijab.

## Can men wear socks in Ihram?

No. Men should keep the top of the feet uncovered. Women can wear socks if they want. Many do, especially in Madinah.

## What do you wear for Rawdah in Madinah?

Dress modestly and neatly. Men usually wear a thobe or smart modest clothes. Women usually wear a clean Abaya, hijab and socks. It's one of the most blessed places you'll ever visit, so dress with care and respect.

## Final Tips Before You Fly

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That's the full picture.

So here's the cheat sheet. Men: two white sheets, a belt, and open sandals. Women: Abaya, hijab, and comfy shoes. That's really it.

Don't overthink the clothing side. The simplicity is the point. It strips away status, brands and show. Everyone stands equal before Allah. That's powerful.

Before you travel, read our guide on [how to perform Umrah step by step](#), check the [best time to perform Umrah](#), and keep our [full Umrah packing list](#) handy. If you want help planning the whole trip, you can [Browse our Umrah packages](#) or [Get a free Umrah quote](#). Our team is always happy to help.

# Helpful next steps for UK pilgrims

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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.
- [Can You Perform Umrah on Behalf Can You Perform Umrah on Behalf of Someone Else?](#) 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 Learn how to perform Umrah on behalf of someone else, who it's allowed for, the right intention, step-by-step method, and mistakes to avoid.
- [How Can You Get a Saudi eVisa from the UK? Complete Application Guide](#) 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 Learn how to get a Saudi eVisa from the UK. Step-by-step guide covering requirements, fees, processing time, and travel tips.
- [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.
- [How to Apply for Umrah Visa from UK Without Mistakes: Full Online Form Guide, Price Breakdown & Approval Tips](#) 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 how to apply for Umrah visa from UK step-by-step. Learn prices, online form tips, Saudi waiver rules and approval advice for 2026.

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

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If you are searching for an Ihram for men, 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 Ihram for men 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.