NOOR UMRAH TRAVELS

Umrah Packing List from the UK | Complete Checklist

Prepare for Umrah with this Umrah packing list from the UK. A complete checklist covering documents, clothing, health items, and travel essentials.

Published 06 Feb 2026 · 1,810 words · 10 min read



A week or two before Umrah is usually when it hits you: the suitcase is open, you've got a few things laid out… and suddenly you're not sure what actually matters. In the UK we're used to packing for weather that changes every five minutes, but Umrah is different. You're packing for worship, long walks, crowds, heat (or surprisingly cool evenings), and a routine that doesn't feel like a normal holiday.

Packing well doesn't mean bringing loads. It means being **well-prepared**, keeping things **easy to manage**, and avoiding the common stress of "I forgot something important" when you're already tired from travel.

This **Umrah packing list from the UK** is based on what genuinely helps on the ground—so you've got a complete, simple checklist you can follow, print, or save on your phone.

2. Essential Travel Documents for UK Pilgrims

Keep these in a small folder in your hand luggage (and back them up digitally on your phone/email). Having documents ready at airports and hotel check-in makes everything smoother.

- **Passport** (check validity rules)
  Aim for **at least 6 months validity** from your travel date to avoid problems.
- **Saudi Umrah eVisa**
  Print a copy and keep a screenshot too. Apply and check official details via the **Saudi Ministry of Hajj & Umrah** website: https://www.haj.gov.sa
- **Flight tickets / boarding details**
  Printed or saved offline (Wi-Fi is not guaranteed when you need it).
- **Hotel booking details** (Makkah + Madinah)
  Include addresses and confirmation numbers.
- **Vaccination records**
  Requirements can change; keep proof if you've been advised to take anything.
- **Travel insurance documents**
  Especially for families and elderly pilgrims—save the emergency number and policy number somewhere easy.

Helpful to know: keep **one set** of photocopies in your suitcase and **one set** in hand luggage. If one goes missing, you still have a backup.

---

3. Ihram & Clothing Essentials

For Men

- **Ihram sheets (2 pieces)**
  Many brothers pack one set and regret it—worth packing **a spare set**, especially if you're staying a while.
- **Ihram belt**
  Honestly one of the most useful things—helps hold money, room key, and keeps the ihram secure.
- **Sandals suitable for long walking**
  Pick something you've already worn in. Brand new sandals + Umrah walks is a painful combination.

- **Unscented toiletries** (during ihram)

  Unscented soap, shampoo, wipes—more on this below.

Commonly forgotten: safety pins (use carefully), plasters for heel blisters, and an extra pair of lightweight slippers for hotel use.

For Women

- **Abayas (2–3)**

  Lightweight, breathable ones are easiest. If you're going in winter, one slightly thicker abaya can help.
- **Hijabs / scarves**

  Pack a few that don't slip easily. Simple jersey-style tends to be the least hassle.
- **Comfortable shoes**

  You'll walk a lot more than you expect—especially around the Haram and between shops/hotels.
- **Light layers for different temperatures**

  The sun can be strong, but indoors (and evenings) can feel cool due to air conditioning.

Practical note: many sisters pack outfits that look nice, then realise comfort matters more. Choose clothes that are modest **and** easy for long days.

---

4. Daily Use & Personal Care Items

Try to keep your daily items in one pouch so you're not digging through the suitcase every time.

Checklist:

- **Unscented soap and shampoo**
- **Unscented deodorant** (important during ihram)
- **Toothbrush + toothpaste**
- **Towels** (a small quick-dry towel is ideal)
- **Slippers** (for hotel bathrooms)
- **Laundry bag** (or even a bin bag—keeps the suitcase organised)
- **Small backpack / crossbody bag** (for water, snacks, documents, prayer items)

A simple note on fragrance restrictions

During **ihram**, you should avoid **scented products** (like perfumed soap, deodorant, aftershave, body sprays, scented wipes). It’s one of those things that’s easy to overlook because nearly everything in UK shops has fragrance. If you can, pack **unscented basics** specifically for ihram days.

---

5. Health, Medication & Safety Items

This part is especially important for elderly parents, anyone with ongoing conditions, and families with children. It’s worth packing carefully because finding the exact UK brand you’re used to isn’t always easy.

- **Prescribed medicines (with prescriptions)**
  Keep medicines in original packaging where possible, and carry a copy of your prescription.
- **Pain relief and basic first-aid**
  Paracetamol/ibuprofen, plasters, blister pads, antiseptic wipes.
- **Sunscreen (unscented)**
  Even if you don’t plan to be outdoors much, walking between places adds up.
- **Oral rehydration salts**
  A life-saver if you feel drained from heat or long walking.

For up-to-date guidance, check **UK NHS travel health advice** here:
https://www.nhs.uk/conditions/travel-vaccinations/

Helpful to know: hydration is one of the biggest challenges. People often focus on food and forget water until they feel weak. Carry a small bottle whenever you can.

---

6. Electronics & Useful Items

You don’t need loads of gadgets, but a few basics make life easier.

- **Mobile phone**
- **Power bank** (highly recommended)
  Charging points can be busy, and you’ll use your phone a lot for maps, messages, and timings.

- **Universal travel adapter**
  Hotels may have mixed sockets; having your own adapter avoids hassle.
- **Charging cables** (pack a spare if possible)
- **Earphones**
- **Qur’an or Tasbih apps**
  Useful during waiting times, especially in crowded periods.

Real travel tips (based on experience)

- **Airport + travel days drain your battery** quickly—power bank goes in hand luggage.
- Consider a **local SIM or eSIM** if your UK roaming is expensive. Even basic data helps with WhatsApp, maps, and staying in touch with your group.
- Save your hotel location **pinned on Google Maps** and screenshot it. When you’re tired, this helps more than you’d think.

---

7. Money, Cards & Important Extras

- **Saudi Riyals (SAR)**
  Bring a small amount for quick purchases (water, snacks, taxis).
- **Debit or credit cards**
  Cards are widely used, but keep cash for small shops or emergencies.
- **Small money pouch**
  Especially helpful in busy areas—keep it simple and secure.
- **Printed and digital copies of documents**
  Passport photo page, visa, hotel booking, insurance.

UK-specific advice:

- Tell your bank you’re travelling (or check in your banking app) to avoid card blocks.
- Check foreign transaction fees—some UK cards charge a lot per transaction.
- Keep one card separate from the other (so if you lose one, you’re not stuck).

If you’re still planning the trip, it’s worth comparing **Umrah packages from the UK** based on flight times, hotel distance, and group support—those details affect what you end up needing day-to-day. And for practical planning beyond packing, browse **Saudi travel guides** to understand local transport,

etiquette, and timings.

---

8. Packing Tips for Families & Elderly Pilgrims

Umrah with family can be beautiful—but it needs a bit more planning so everyone is comfortable.

For children

- Small **snacks** (cereal bars, crackers) for long walks and waiting
- **Refillable water bottle**
- **Light jacket** (air conditioning can feel cold indoors)
- A small comfort item (toy or blanket) if it helps them settle

For elderly pilgrims

- **Walking support** (walking stick or foldable support if needed)
- **Wheelchair plans** (if required)

  Even if someone “can walk”, the distance and crowds can be tiring—having a backup plan helps.
- **Extra hydration support** (ORS sachets, electrolytes)
- **Comfort items**: cushioned socks, blister protection, light shawl

Worth packing: patience, and a simple routine. The days can feel long, and comfort makes worship easier to focus on.

---

9. What Not to Pack

Packing less is honestly one of the best things you can do for Umrah. Less luggage means less stress: easier hotel check-in, easier transport, and less time managing “stuff”.

Avoid packing:

- **Scented products** (especially for ihram days)
- **Expensive jewellery**

  Not worth the worry in crowded places.

- **Extra luggage “just in case”**

  Overpacking quickly becomes heavy and annoying.
- **Unnecessary electronics**

  Laptops, extra cameras, multiple devices—most people don’t use them.

A simple rule: if it doesn’t help worship, health, or basic comfort—leave it.

---

10. Printable Umrah Packing Checklist

Print this or save it to your phone notes. If you’re travelling as a family, you can copy it and tick items per person.

Category	Items
Documents	Passport, eVisa printout, flight details, hotel bookings, insurance, vaccination records
Clothing (Men)	Ihram (2 sets if possible), ihram belt, sandals, unscented toiletries
Clothing (Women)	Abayas, hijabs, comfortable shoes, light layers
Daily Use	Unscented soap/shampoo, toothbrush, towel, slippers, laundry bag, small backpack
Health	Prescriptions, pain relief, plasters/blister pads, ORS, unscented sunscreen
Electronics	Phone, power bank, universal adapter, cables, earphones
Money/Extras	SAR cash, cards, money pouch, document copies (print + digital)
Family/Elderly	Snacks, water bottle, walking support, wheelchair plan, comfort items

---

11. FAQs

How much luggage is allowed from the UK?

It depends on your airline and ticket type. Many UK flights include **one checked bag (often 20–30kg)** plus a cabin bag, but it varies a lot. Check your airline allowance before you pack—Umrah trips often involve extra items, and overweight fees can be painful.

Can Ihram be purchased in Saudi Arabia?

Yes, you can buy ihram in Saudi—shops are everywhere. But I still recommend bringing at least one set from the UK so you're not searching after a long flight (or dealing with sizing/quality issues when you're tired).

Are medicines allowed in hand luggage?

Usually yes, and you **should** keep essential medicines in your hand luggage in case checked bags are delayed. Carry prescriptions and keep medicines in original packaging where possible.

What shoes are best for Umrah?

Whatever you can walk in for hours without blisters. For men, sandals that meet ihram guidelines and are broken in. For women, cushioned trainers or supportive walking shoes are often the most comfortable for long distances.

Do I need warm clothes?

Often, yes. Even when it's hot outside, **air conditioning indoors can feel cold**, and evenings can be cooler depending on season. A light hoodie, cardigan, or shawl is usually enough.

---

12. Conclusion

A good packing plan keeps your Umrah days calm and easier to manage. Focus on the essentials: documents, comfortable clothing, unscented personal care for ihram, basic health items, and a few practical extras that make walking and waiting simpler.

If you use this **Umrah packing list from the UK** as your guide, you'll avoid most of the commonly forgotten items—and you'll have more headspace for what matters most: worship, patience, and being present in the journey.