

# List 1

## A Hajj packing list for Muslim women

by Brenda Gant

This is a list suitable for someone staying in a tent or other non-hotel accommodations.

Please note: all items with an asterisk should be taken with you to Arafat.

1. 2-3 Ihram outfits (if you choose to wear them)
2. sheets
3. body and hand towels
4. comfortable scarf to wear indoors
5. surgical masks to wear out in crowds - can be bought in the pharmacies in Saudi Arabia
6. hair tie-backs
7. coat hangers (also to use for drying washed clothes)
8. tennis shoes
9. socks
10. pajamas
11. robe
12. broken-in rubber sandals
13. Band-Aids
- \* 14. tissues
- \* 15. waterless hand wash liquid
- \* 16. fanny pack
- \* 17. non-scented soap
- \* 18. washcloth in plastic bag
- \* 19. pillow
- \* 20. small bag or suitcase (for Arafat)
- \* 21. umbrella (for sun!)
- \* 22. prayer rug
- \* 23. sunscreen (unscented)
- \* 24. Quran
- \* 25. Dua (supplication) and other Islamic books
- \* 26. chapstick
- \* 27. camp stool
- \* 28. water bottle carrier and plastic cup
- \* 29. battery-operated personal fan
- \* 30. toothbrush and paste
- \* 31. eye drops

### **Other notes:**

The surest way to have a bad Hajj experience is to get sick. Alhamdu lillah, I was one of the very few who didn't. My recommendations are to wear surgical masks at all times when out in crowds, and most importantly, NEVER touch any part of your face without washing your hands first, either with soap and water, or, more practically, with the new waterless hand wash gel.

Also, at the first symptom of any illness, take echinacea, vitamin C, aspirin or whatever else is indicated. And, of course, drink plenty of water at all times.

Another important piece of advice is when you are out in crushing crowds to never, ever attempt to retrieve any dropped item. Shoes, fans, books can all be replaced, but there is a severe risk of being trampled should you try to stop or bend down. As several fatal stampedes have occurred at the stoning of the Jamarat, have a 'scout' from your group check the crowd situation before you attempt to go there.

## List 2

PACK LIGHT!!

**EVERYTHING IMPORTANT GOES IN HANDBAG!!**

**THERE IS A GOOD CHANCE YOUR CHECKED  
LUGGAGE WILL GET LOST!!**

## Clothing Items

Keep in mind: Dry Cleaning is easily available and cheap and if washed by hand, clothing dries quickly. It is easy to buy everything you need except for undergarments (women) and warm-up style pants (women).

- q 2 Abayahs (Ehraam for Men and 4-6 large size diaper pins)
- q 2-3 outfits to wear under your abayah (Men should take 4-5 outfits)
- q Comfortable hijabs
- q 2-3 sets of comfortable clothes to wear at night

- q Undergarments
- q Regular socks
- q 4-5 pairs of socks with skid protection
- q 1-2 hand towels
- q 1-2 wash cloths

## **Toiletries – everything must *be fragrance free and alcohol free***

- q Toothbrush
- q Toothpaste
- q Shampoo
- q Conditioner
- q Soap
- q Hand sanitizer
- q Lip balm
- q Lotion
- q Deodorant
- q Eye lubricating drops
- q Sun screen (small tube for hands and face)
- q SURGICAL MASKS (wear them everywhere!)
- q Band Aids
- q Anti-bacterial ointment
- q Powder detergent for washing undergarments/clothes
- q Medications (Prescription meds, pain reliever of choice, Imodium, Multi-vitamins, Vitamin C, Echinacea)
- q 1 roll of toilet paper
- q 2-3 plastic grocery bags (Mina)
- q Extra zip lock bags (2-3 big and 2-3 small)
- q Small pair of scissors (one per family)

Mesh bag to carry slippers in while inside Harum

Over the shoulder knap sack/organizer or fanny pack to carry LIGHT books and money

Travel clock with ALARM

## List 3

- Sleeping Bag ( get this from Wal-Mart it's a thin blanket type, not the thick inflatable one. The thin one is coiled up and can be used as a pillow in mina, this will come of use in Muzzdalfa).
- Towel (1 big one is sufficient, this is for wiping hands and take a shower after Hajj while in Mina, other places we get towels from hotel)
- Sheet ( One to cover, one to spread in mina, though travel agents are offering this aswell.
- Unscented soap ( you can get the unscented version from ISNA book center)
- Collapsible glass ( available at Wal-Mart and Container store, always drink zamzam from your own cup)
- Neck pouch for valuables (you can buy this from Target in the camping section, it comes in handy during Mina for keeping your valueables, men can use their waist belt)
- Janamaz ( you can get one from there,else take a travelling janamaz)
- Umbrella ( you can get there, or get a small foldable one)
- Comfortable chappals ( note men should wear open from front and back )
- Extra Ihram (i.e. need 2 Ihram's + Belt that goes with it)
- Dark glasses
- Medicines - Advil, cough drops, sore throat lozenges, pepto, pain ointment. (
- Medicines - Take prescription for all those are traveling for Z pack ( 5 day anti-biotic), + some of Tussi 12 for cough (This is important)
- Passport copies - 2 to carry with your self
- Passport size photos - take 4 with yourself
- Grocery bags for chappals
- Safety pins for hijab
- Masks for protecting from dust when not in Ihram ( you can buy them in dollar store, or any grocery store )
- Digital alarm clock (you can get a small one from walmart)
- Ziplock bags for pebbles
- Purex hand sanitizer
- Kleenex - travel pack
- Shower to shower (un-scented, some wet wipes)
- Hair dryer for Saudi (for mina, you can get one from indian store)
- Pack one warm sweater + socks as I heard its cold in Medina

Book to read : Hajj and Umra by Aneed Daud Mathews

For Luggage, pack one small bag with mina stuff and another bag for mecca and medina stay.