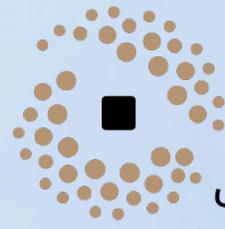




THE LEGACY INSTITUTE  
مؤسسة التراث الإسلامي



ضيوف البيت  
Al Bait Guests  
Pilgrims Services لخدمات الحجاج





## SUGGESTED PACKING LIST

### Women

1. Abayas, hijabs, under hats if you need them (optional)
2. Hijab pins or magnets
3. Leggings for underneath abaya (these are preferred so pants don't drag)
4. Sun cap/visor <https://amzn.to/4lVoMzr>
5. Light T-Shirts underneath abayas
6. Panty liners and menstrual pads
7. Razor & Shaving creams
8. Hair ties, Hair clips

### All Hujjai

1. Portable fan <https://amzn.to/3YWI0fj> , <https://amzn.to/3YpGhhh> , <https://amzn.to/4iKbmDv>
2. Water bottle <https://amzn.to/3SfWQbW> <https://amzn.to/4juFFPS> <https://amzn.to/43985ZX>
3. Vitamins - Example:  
Daily Multi Vitamin Men's: <https://amzn.to/4ijFv69> Women's: <https://amzn.to/4jPyH7K> ,  
EmergenC: <https://amzn.to/3YmUBXT> or Vitamin C: <https://amzn.to/3SeHdkZ> ,  
Omega-3 Fish Oil: <https://amzn.to/3EMSeXG> ,  
Black Seed & Honey Gummies: <https://amzn.to/4izRMK9> ,  
Manuka Honey: <https://amzn.to/439hwZm> ,  
or anything else you trust –
4. Medications (Prescription or Over the counter)
5. Hydration packets/Electrolytes <https://amzn.to/3YVWq9nw>
6. Cough drops <https://amzn.to/3YoRqPo> <https://amzn.to/4iKv0j5>
7. Fanny pack <https://amzn.to/4m4f9Pd>
8. Small umbrella <https://amzn.to/4cYri3N> , <https://amzn.to/44SgqmI>
9. Cliff Bars or your favorite energy bars <https://amzn.to/42V6oxQ>
10. Power bank <https://amzn.to/4lUVsZP> , <https://amzn.to/3GMYuiG>
11. Universal adapter <https://amzn.to/44n0Crt>
12. If you're bringing an electronic from US/Canada – portable voltage converter
13. A small hook for behind the door for multiple purposes (to hang clothes etc):  
Behind the Door Hook: <https://amzn.to/4jZDF2I> , S-Hook: <https://amzn.to/3GzOysT>
14. Fragrance free wipes <https://amzn.to/4dI3ZGK>
15. Vaseline <https://amzn.to/4cW8YZI>
16. Pocket sized tissue paper <https://amzn.to/44LDSBp>
17. A roll of toilet paper (in case some places do not have any)
18. Socks & Underwear for every day so you don't have to wash clothes as often.
19. Light travel towel (2) Body Towel: <https://amzn.to/4cZCE7Z> Face Towel: <https://amzn.to/3GwEsIj>

- 20. Slippers
- 21. Comfortable walking shoes (we recommend slip on sneakers, bobs, etc.)

22. Slides or Flip Flops for Ihram for Men

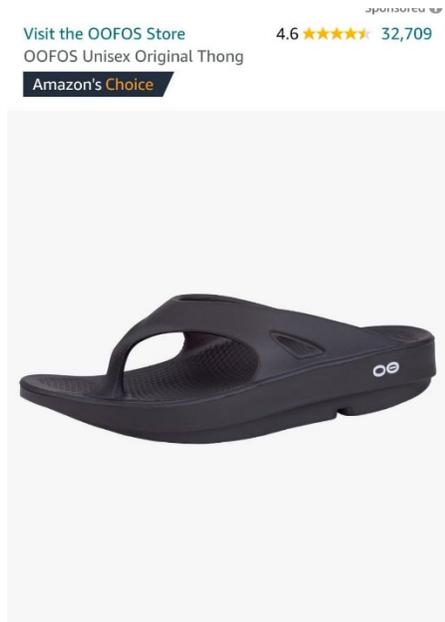
Acceptable footwear must NOT have straps on the ankle and back of the heel.

**Examples of acceptable footwear** and ones we recommend in our Legacy Fiqh acceptance. Some in the Hanafi madhab prefer that the top of the foot show so if you wish to follow that all the “thong” style slippers are fine.

Please get these before Hajj and wear them in otherwise you will have chaffing if they're brand new.



Reef SwellSole - <https://amzn.to/4jWWW46>



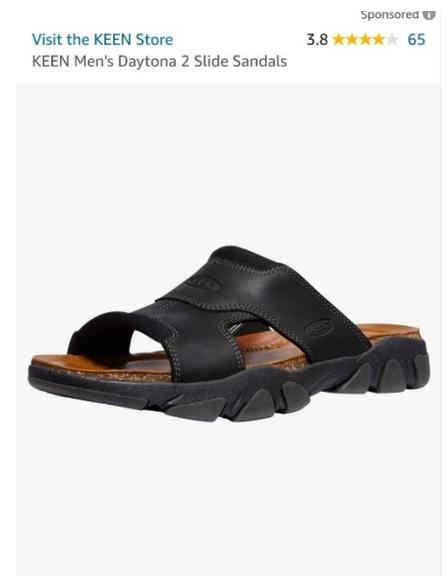
OOFOS Original - <https://amzn.to/3GtORW3>



OOFOS Slide - <https://amzn.to/42TaczN>



KIIU - <https://amzn.to/3GBmDJ3>



KEEN - <https://amzn.to/4iEhP2P>

EXAMPLES OF FOOTWEAR THAT IS **NOT ALLOWED** FOR MEN TO WEAR IN IHRAM



23. Toothpaste <https://amzn.to/438LAUW> , toothbrush <https://amzn.to/4jXpju> , miswak, floss/toothpicks <https://amzn.to/430gxcU>
24. Travel comb <https://amzn.to/4jAZYvh>
25. Toiletry bag that has a handle to hang if needed <https://amzn.to/42AOI46>
26. Razor and shaving cream
27. Small scissors <https://amzn.to/4cY8ody>
28. Nail clippers
29. Q-Tips <https://amzn.to/436vtax>
30. Chapstick <https://amzn.to/3RITUoI>
31. Small mirror especially if it has suction cups to hang on a wall or hook <https://amzn.to/430jdgY>
32. Hand sanitizer (spray and/or liquid) <https://amzn.to/42CvMtv> <https://amzn.to/4ijCcvQ>
33. Wipes (sanitizing and disinfecting) – fragrance free <https://amzn.to/3Z05uz5>
34. Sunscreen – fragrance free <https://amzn.to/4iEGm7Z>
35. Soap (liquid or bar) – fragrance free <https://amzn.to/4d3OsGi>
36. Shampoo, Conditioner, Body Wash – Travel Size
37. Face & Body Lotion – a few can be unscented to use during Ihram
38. Deodorant - get 2: one that is unscented for when in ihram <https://amzn.to/42AGjp8> <https://amzn.to/4d7l8P1>
39. Diary/Notebook
40. Eid clothes

41. Sunglasses
42. Prayer rug
43. Money
44. Unlocked phone or your phone with international internet plan  
(if your phone doesn't have dual SIM nor can do international internet plan, get a cheap second unlocked phone)
45. Travel pillow <https://amzn.to/4jRwIFw>
46. Alcohol wipes <https://amzn.to/3EwEmAY>
47. Small light string bag <https://amzn.to/42ZPvIP>
48. Backpack
49. Travel iron if you absolutely need it
50. Ziplock bags
51. Small bags for necessities
52. Bags for dirty clothes (we found a few medium size garbage bags work great and can carry heavy loads)
53. Luggage: Small Roller Carry On, 1 to 2 Large / Medium Luggage as needed
54. Muzdalifah Specific: Small inflatable pillow if you don't want to use your travel pillow, light linen and cotton blanket to sleep on. We do NOT recommend sleeping bags as it is very hot and they are polyester made. Imagine packing camping and having light but breathable and thick enough but packable material. You can also put it over your prayer mat for giving you more cushioning

IHRAM – 2 Ihram's is good. You can always buy them when you arrive to Makkah/Madinah, but if you want to buy in advance 2 is fine. You can buy the second when you arrive. They come in more than one size. We recommend the following brands as they are very lightweight and breathable, otherwise whatever is comfortable is fine. Stay away from heavy polyester as it will make you sweat a lot. You can alternatively make your own ihram by buying the material and cutting it out from places like Michael's or other fabric stores. Again, please make sure the fabric is breathable. The one we recommend and you can only buy once in Saudi is the Giordano brand for its comfort and breathability.

Other cotton ones to buy from online: <https://amzn.to/3SgSNfr> , <https://amzn.to/4kkgUGn> , <https://amzn.to/4jWX4Az>



Keep in mind it's summer in Saudi it's hot! Get light clothing

If you forget to pack something from home, there is a store in Bin Dawood and Pharmacies that have these things (especially the linen for Muzdalifah or travel iron for example). This is just a suggested list, you may need more or less of what's on this list according to each individual's needs.