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# HAJJ CHECKLIST *EXPLAINED*

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This document serves as an explanation to the recommendations.

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## 1. FOOD

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- **Reusable water bottle**
  - These came in handy for filling ZamZam.
  - Optional: The collapsible ones are super portable and convenient.
- **Granola Bars (Energy &/or Protein)**
  - Just bring enough for one a day for each day of your planned trip.
  - Don't get the ones with chocolate in them, they'll melt all over.
- **Dates & Nuts**
  - These works like energy bars but quite honestly are way better because of their slow releasing and stabilizing sugars and the huge amounts of potassium which helps with hydration.
  - You can buy dates in Madinah.
  - You can buy nuts from Bin Dawud (a store you'll find everywhere in Saudi a.k.a Walmart of Saudi) for a protein-rich snack on the go.
- **Gatorade, Cliff or any other energy chews (6/days of Hajj)**
  - These are convenient for the days of Hajj when you need something to run on but don't want to use the bathroom as often as you normally do.

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## 2. CLOTHING & SHOES

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- **Pair of extra flip flops**
  - These will be great for using in public restrooms or even in the shower in your hotel/building, or for coming in and out of the tent easily in Mina.
- **Good walking shoes**
  - We recommend bringing used shoes
- **Non-skid, Hospital Socks for Sisters**
  - This happens. Unfortunately, the marble floor can cause many to skid especially when the residue of Zam Zam is on the floor as well. A good pair of non-skid socks would minimize the risk significantly.
- **Comfortable walking sandals**

- For men, make sure there isn't a strap at the back of the ankle that covers the ankle bone. The ankle bone must be exposed as well as the top part of the foot.
- For women, there were little to no limitations on clothing.
- Waterproof sandals are a plus if you chose to not get flip flops
- **Cooling towel (you can find one that runners use)**
- **Optional: Sweatshirt and sweat pants**
  - This was recommended for sisters and brothers outside ihram but bring your sweat-shirt to Mina. The AC runs without a thermostat to stop it. It can get cold in the Mina camp for some.
- **Optional: Tennis ball**
  - This is something that was suggest to someone by their physical therapist because of their fallen arches. After a long walk, you just roll the tennis ball under your foot and it's like a foot massage.

### 3. GENERAL SUPPLIES

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- **Plastic bags**
  - Bring a couple grocery-sized bags, they'll come in handy for anything and everything. Designate one specifically for bathroom trips during the days of Hajj to protect your clothes from getting wet in the bathroom.
- **Zipper seal bags in different sizes**
  - These will come in handy for creating small medicine packs for traveling on the actual days of Hajj, storing dates and nuts in, and so much more.
  - This would also make the carrying of the pebbles for Jamarat extremely easy.
- **Umbrella**
  - Useful to shield from the sun, which is intense.
- **Ear plugs & Eye covers/sleeping mask**
  - If you're a light sleeper, these will particularly come in handy.
  - These are also recommended for the flights and other travels.
- **Optional: Extra collapsible large duffle bag (if you plan on shopping)**
  - Just keep this folded up inside of one of your suitcases and you'll be so happy you did!
- **Optional: Door hook hanger for the bathroom**
  - They come really handy because we may go into a restroom during our trip where there aren't enough or any door hooks.
  - You can easily hang up your bag or your towel/change of clothes without being worried about them getting wet or dirty.

## 4. ELECTRONICS

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- **Electric Shaver**
  - This for trimming of the hair after Umrah and
  - shortening/shaving further on 10<sup>th</sup> Dhu al Hijjah
- **Unlocked Phone**
  - If you are planning to use your phone in Saudi, please get your phone unlocked by your carrier. They should do it for free.
  - The phone must be GSM (SIM) Phone. That means Verizon & Sprint users may not be able to use their phones with Saudis local networks.

## 5. PERSONAL HYGIENE

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- **All unscented items**
  - These items are highly recommended during the state of ihram.
- **Feminine hygiene products**
  - Please plan accordingly as many products that you may have access here in USA may not be available there.

## 6. SPIRITUAL SUPPLIES

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- **All these apps are recommended by our Imam**
- **Optional: Itemized & budgeted shopping list**
  - It was suggested to have make a list of what you want to buy from there and what gifts you will be buying and for who. This would allow you to spend less time in the marketplace.

