

RECOMMENDED PACKING LIST

TRAVEL DOCUMENTS (applicable when we return your documents and once the visas have been issued)

- Passport with validated UMRA visa
- Electronic airline ticket (e-tickets will be provided by falcon travel when we return the passports with visa)
- Proof of meningitis immunization (immunization card) – *Not Mandatory but recommended*
- As needed, spending cash (USD or CAD - new & large bills \$50/\$100 denomination recommended)
- Luggage tags attached to all bags and/or personal tags with your name and contact info

IHRAM & ACCESSORIES

- Ihram garment
- Minimum 1 pair of comfortable slippers / sandals
- Belt to tie ihram/safety pins (sharp objects must not be kept in carry on due to security)
- Suitable money belt (can be used to tie ihram)
- Small Quran, prayer mat, travel pillow

PERSONAL NEEDS

- Toothpaste, tooth brush/ Miswak, Q-Tips
- Unscented deodorant/soap/shampoo/shower gel (to be used while in a state of ihram)
- Unscented hand cleaner/Kleenex/toilet paper (to be used while in a state of ihram)
- Nail clipper, scissors, comb/brush
- Bath/hand/face towels, if you prefer using your own rather than the Hotels
- Light jacket, socks, underwear, Thoab/Shalwar Khameez, pants, t-shirts, comfortable walking shoes



HEALTH / MEDICAL KIT

- First Aid Kit:
 - Strip bandages, antibiotic ointment, rubbing alcohol, etc.
 - General medicine/needs (readily available in Saudi Arabia):
 - Gravol, if you are prone to air sickness
 - Aspirin / Tylenol / Advil
- Mouthwash (NON-ALCOHOLIC) if required
- Lozenges for throat infection; cough drops/lozenges
- Vaseline (PETROLEUM JELLY)
- Anti-fungal cream – check with pharmacist to find alcohol-free (especially important for brothers while in ihram)
- Diarrhea medication (IMMODIUM); antacid (PEPTO BISMAL)
- Suitable antibiotics (as prescribed by your doctor)
- Face mask

IMPORTANT

- Travel with sufficient medication that you are normally required to take for the time in Saudi
- Seek advice from physician for special care in hot weather if you have any medical condition, i.e. diabetes, asthma, heart condition, blood pressure, etc..
- If allergic to specific drugs and/or you have a medical condition, please advise group leader and/or wear “MedicAlert” bracelet
- *Sisters*: special outfits for Hajj & Umra, Jalabiyas, hijabs, hygienic products, etc.. (also readily available in Saudi Arabia)