



## RECOMMENDED PACKING LIST

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

- PR Card (For those having non-canadian passports)
- Passport with validated hajj visa
- Electronic airline ticket (e-tickets will be provided by Travel Guide when we return the passports with visa)
- Proof of meningitis immunization (immunization card)
- 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 (Travel Guide will provide one to all men as part of their hajj kit upon arrival to Medina)
- 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, door hooks to hang clothes in toilets during stay in Mena/Arafat
- Light jacket, socks, underwear, Thoab/Shalwar Khameez, pants, t-shirts, comfortable walking shoes

### CAMPING KIT (if you intend to stay the night in Muzdalifa)

- Sleeping bag – lightweight
- Small/thin pillow or traveler’s pillow
- Handbag/knapsack or carry-on bag
- Sun glasses, preferably with neck strap (if you wear prescription glasses, walk with a spare one)

## **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)