# Lista bagagli per Umrah e Hajj

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## Ihram and clothing

- [ ] Two ihram sheets (men), plus a spare set
- [ ] Ihram belt with a zipped pocket
- [ ] Loose, modest clothing for women, in light colours
- [ ] Open sandals that leave the top of the foot uncovered

## Power and phone

- [ ] Type G plug adapter (three square pins), 230 volts
- [ ] Power bank for long days at the Haram
- [ ] eSIM or local SIM for data

## Health and comfort

- [ ] Unscented soap, shampoo and deodorant for the time in ihram
- [ ] Unscented lip balm and skin cream
- [ ] Your own medicines, with the prescription
- [ ] Refillable water bottle
- [ ] Small umbrella for shade

## Papers

- [ ] Passport valid for at least 6 months
- [ ] Visa and the meningitis ACWY vaccination certificate
- [ ] Printed copy of your booking and the company's phone number

## For the mosque

- [ ] Small bag for your shoes
- [ ] Pocket du'a book or Qur'an
- [ ] Light prayer mat

Solo informazioni generali. Per qualsiasi domanda sulle regole dell'ihram nel tuo caso, rivolgiti all'imam della moschea più vicina perché ti guidi.