**HAJJ SHOPPING LIST**

**Food**  
- snacks (dry fruit, granola bars, biscuits, energy bars).  Do not get anything that can melt in the heat such as chocolate.   
-Gatorade/Electrolyte powder   
  
**Medicine**  
-Cough syrup   
-Pepto Bismol  
-Tylenol/Advil  
-Allergy medication  
-Electrolyte powder  
-Imodium   
-Dry eye drops   
-Gravol

-Throat lozenges (Halls/Ricola)  
  
**Electronics**  
-Unlocked mobile phone  
-International adapter  
-Chargers/wires  
-Portable cell phone charger   
  
**Hygiene**  
-VASELINE   
-Toothbrush & toothpaste   
- laundry detergent in ziplock bag  
-Soaps, Shampoos Deodorant, etc  
-Unscented Soap for days in Ihraam   
-Plastic soap container.  This is essential for Mina   
-Toilet paper rolls.  It is not common to find Toilet paper in washrooms.  And there is no toilet paper in Mina.    
-Unscented baby wipes will be your best friend during hajj  
-Hand sanitizer   
-Bath towel  
-Hand Towel   
-Disinfectant alcohol   
-Band aids

-Disinfectant wipes

-Kleenex

-Unscented sunscreen  
  
**Clothing suggestion for Men (apart from your regular clothing items)**  
-Second/backup Ihram  
-Belt for Ihram  
-Money belt while in Ihram  
-Your most comfortable sandals/flip flops to wear while in Ihraam.  
-Comfortable pair of running shoes.  
-Baseball hat to block the sun during site seeing.     
  
**Literature:**  
-Pocket size Quran  
-Journal/Pen   
-Dua books.   
-Photocopy of your passport and vaccine books.    
  
**Miscellaneous:**  
-A draw string bag (you get this at the dollar store, or any athletic store) this will be your bag for shoes, water bottle etc while going to the Masjid.

-Large water bottle.  There will be a lot of walking and before setting out it is essential you always stay hydrated.   
-Little pouch to wear around your neck for phones, keys, and money (can get it from the dollar store, or travel suitcase section in Wal-Mart)  
-Backpack for the hajj days.. It is not practical to take a carry on for the actual hajj days.  Your luggage can be stored at the residence while you take your essentials in the back pack for the hajj days.    
-In Mina there is no hook in the washrooms to hang your clothes.  From the dollar store you can buy portable clothing hooks.    
-Umbrella   
-Eye cover shades and ear plugs   
-Hajji mat (you can buy this in Mecca)

-Water spray bottle to keep you fresh during long walks.

-Snacks such as energy bars (do not get anything with chocolate coating it will melt)

**Literature:**  
-Pocket size Quran  
-Journal/Pen   
-Dua books.   
-Photocopy of your passport and vaccine books.

**Spending Money**

-Average spending shouldn't exceed $600 for the trip (doesn't include personal shopping), not all of the hotels have safes in the rooms.  If you run out of money you can use local ATM machines with your Canadian debit card.  It is better to exchange your money once your reach Jeddah Airport/Mecca for a better rate.

-Do not bring any valuables such as expensive watches, jewelers etc