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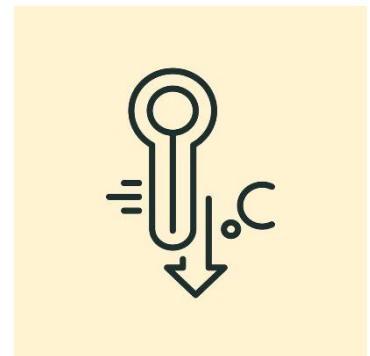
APPS UK HAJJ HEALTH GUIDE 2026

Hajj is a profound spiritual journey, but it also demands physical endurance. This guide provides practical health tips to help you stay safe, avoid common illnesses, and maintain your wellbeing throughout your pilgrimage.

Heat Exhaustion & Heat Stroke Prevention

Heat stroke is a life-threatening condition when the body overheats (often above 40 °c/104 °f) and can no longer cool down. It can be life-threatening if not treated quickly.

- **Stay hydrated:** drink water or cool fluids frequently, even if you're not thirsty. Avoid sugary or caffeinated drinks that can dehydrate. Do not worry about drinking and needing the toilets as your body loses large amounts of water through sweating
- **Wear light clothing:** choose loose, light-coloured, breathable fabrics (like cotton); cover your head with an umbrella (when in ihram) or hat. Sunglasses and sunscreen help too
- **Use shade and rest:** avoid the midday sun (11 am–4 pm). Take breaks often in shaded or air-conditioned areas. Rest and cool off regularly between rituals. Perform prayers in the shade where possible
- **Plan cooler times:** whenever possible, perform activities (like traveling between sites or camping) in early morning or late afternoon / evening when temperatures are lower



- **Cooling measures:** carry a small spray bottle, damp towel, or handkerchief to place on your neck and face; mist yourself or use a fan. Stay out of hot vehicles without air-conditioning
- **Replace salts and electrolytes:** as you will sweat a lot, consider ORS (oral rehydration solution) or sports drinks and eat lightly salted snacks. This helps maintain your body's salt balance and hence avoids muscle aches and exhaustion
- **Avoid drinking ice cold water / too many fizzy drinks** as you may develop a sore throat/ chest infections
- **Look out for fellow pilgrims**
 - Stay together: travel in groups or pairs. Regularly check on those in your group, especially the vulnerable elderly and children
 - Share reminders: encourage each other to drink water and rest. Offer a drink, glucose tablets and share an umbrella with someone who looks overheated or tired

If someone shows signs of heat stroke / exhaustion, act quickly

- Call for medical help immediately (997)
- Meanwhile, move the person to shade or use umbrellas, remove excess clothing / shoes, and cool them (apply water or ice packs)
- Give them glucose tablets / energy drink and ORS water

Medicines

Bring your usual medicines with a prescription / letter as evidence.

Arrange a review with your doctor / GP prior to travelling if you have any chronic illness like diabetes / asthma

Essential medications to bring:

- Pain killers (paracetamol/ ibuprofen)
- ORS (oral rehydration solution) – to maintain hydration
- Glucose tablets – to boost sugar levels rapidly
- Imodium – for diarrhoea
- Antihistamines – for hay fever / allergy relief
- Compeed plasters for blisters
- Antibiotics
- Multivitamins
- For females: period delay tablets



Please note narcotics (Codeine / Tramadol / Morphine etc) are completely banned in Saudi Arabia, so you cannot take them with you

Items to Bring

Toiletries:

- Vaseline for groin and arm pits to prevent chafing
- Mouth wash to combat oral infections
- Sun cream (fragrance-free for Hajj days)
- Foot gel to soothe feet after exertion

Apparel:

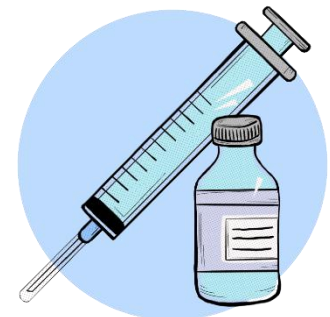
- Loose fitting clothes - breathable material e.g. cotton/lawn
 - Light coloured abayas are better to reflect heat
- Keffiyah/Scarf to protect head & neck from heat (for men)
- Comfortable loose-fitting walking shoes / sandals NOT flip-flops (including spare pair)
 - Advisable to break into new shoes before travelling
- Disposable flip flops for hotel and Mina toilets etc
- Non-slip socks
- Thick insoles to put inside socks to protect feet from hard floor during tawaf – for ladies (& men when not in ihram)
- Sunglasses
- Face masks to protect against smell / dust etc especially in Mina

Other:

- Snacks (crisps, biscuits, nuts, toffee, dried fruits etc)
- Umbrella
- Spray bottle filled with water to help with cooling. This can be used to do Wudhu in an emergency.
- Microfibre sports towel – useful for showering, keeping body cool
- Compressed towels – useful for refreshing & cooling
- Lightweight padded prayer mat

Health Advice

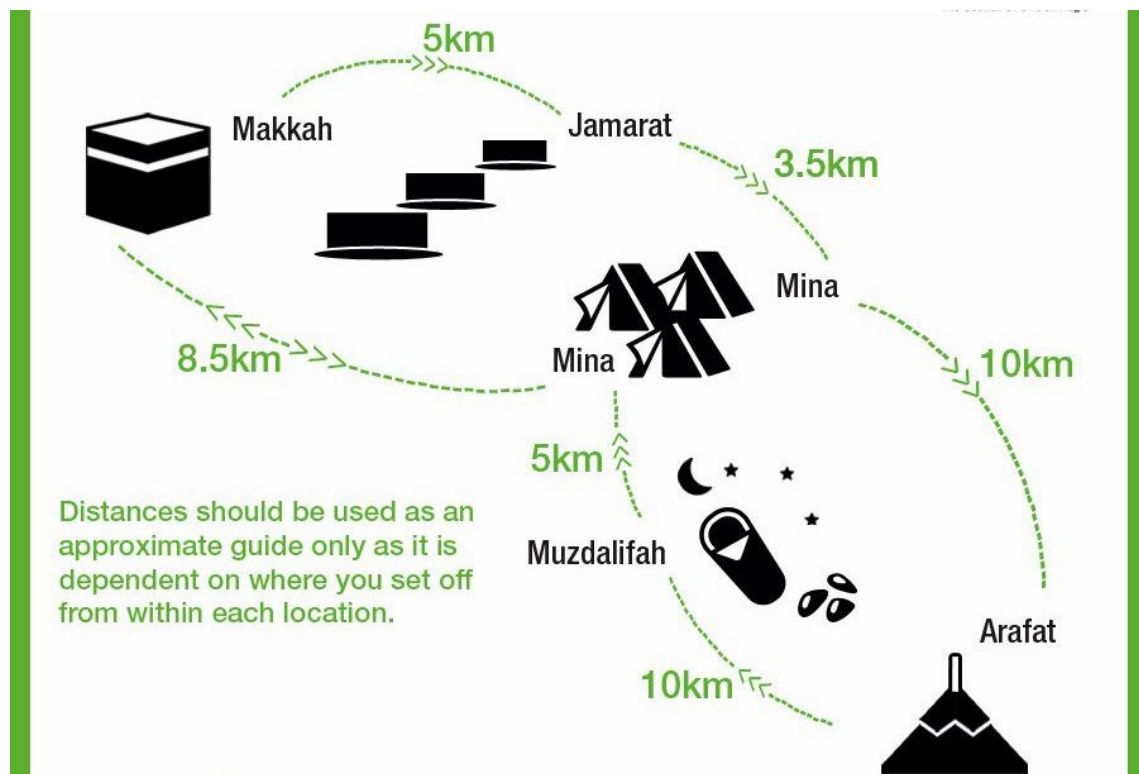
- Avoid salads due to higher risk of food poisoning when in tents
- Reduce spicy food intake to avoid feeling more thirsty
- Eat Yogurt - has probiotic and cooling properties
- Protect skin from sun burns
- Viral illness/ chest infections are common- may need to wear masks
- Take vaccines before travel according to your country's requirements
- Start exercise / walking before travelling to build stamina
- Avoid carrying too many or heavy water bottles as you will get tired. Water is available freely at many spots.
- Please allow vulnerable people to sit close to fans in Mina tents as they do help in cooling down faster.



Practical Tips

- Carry Ihram and a set of other essentials in hand luggage, just in case your suitcase goes missing in transit.
- Take good rest in the few days before the start of Hajj, which will be challenging, and you will be away from your hotel.
- Pack light for Mina days so it is easy to carry and can be stored easily due to very limited space
- Use toilets in Arafat before leaving as there is very limited provision in Muzdalifah
- Toilets in Mina can become smelly after a couple of days so masks will be required
- Taxis are not available around Haram and on Arafat / Mina route as these roads are closed for traffic during hajj days. Only buses that have Hajj permits operate on these roads but they are not allowed to carry additional passengers. If you miss the bus that was booked for you, you may need to walk all that journey so please stay with your group and follow all instructions.
- The most physically challenging day is the day after Arafat when you will travel from Muzdalifah to Jamarat for stoning and then back to Makkah for Tawaf-e-Ziarat.
- If you are elderly or unwell, you can appoint someone else to do the stoning on your behalf. In this case you must inform your group leader to ensure food is served to you at lunch time in the Mina tent.
- There are no shops in Mina and Arafat areas where you can buy food as it is provided by the tour operator / group leader at fixed times.

Hajj route and distances between ritual sites



Emergency Contact Numbers:

Ambulance: 997

Multilingual Emergency Service: 911

Emergency (If no Saudi sim): 112

Summary

Everyone's hajj experience is different and dependent upon various factors including the location of your tent / hotels / provision etc. The Aziziyah hotels are very close to Jamarat and European tents are at the far end of Mina.

Hajj is a very physical Ibadah and there are bound to be challenges / delays / waiting but the most important thing is to remain calm at all times. Hajj is a test of patience!

Wishing you a memorable and blessed journey!

DISCLAIMER:

This guide has been produced by the APPS UK team and is not medical advice. For your specific health conditions, you must consult your own doctor as we are unable to take any liability for any information contained herein.

For more information please contact APPS UK on: +44 7348 748 149

web: www.appsuk.org

