

ARBA'EEN 2023

Travel Guide



NASIRAN E MEHDI (AJF)



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

DEAR ZA'ER,



Nasiran e Mehdi (AJF) is a group in which our first priority is to assist the Za'ereen of Aba Abdillah Al Husayn (a.s.) by making them comfortable and striving to make their journey safe and stress-free. This will allow the Za'er to attain their goal of focusing on performing their ziyarah with ma'rifah. We hope that this brief travel guide prepared by our volunteers helps you be physically, mentally, and spiritually prepared for the journey ahead insha'Allah.

GROUP LEADER,
— HUNAIN ZAIDI

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SCHEDULE

01

NASIRAN E MEHDI AJF ARBA'EEN 2023

AUGUST – SEPTEMBER 2023 / SAFAR 1445

WED	THURS	FRI	SAT	SUN	MON	TUES
AUG 30	AUG 31	SEP 01	SEP 02	SEP 03	SEP 04	SEP 05
Check-in Najaf Group ziyarat + majlis	Majlis Kufa, Hanana, Kumel Mosques	Majlis Maghribain Begin walk for Karbala	Walk	Walk	Arrive in Karbala Majlis	Majlis Shab e Arba'een Jaloos
SEP 06	SEP 07	SEP 08	SEP 09	SEP 10	SEP 11	SEP 12
Majlis + Ziyarat Arba'een Evening Q&A Atraaf Ziyarat	Night trip to Kadhmain, Samarra, & Balad	Majlis	Tiflan e Muslim Hazrat Hurr Majlis			

NOTE 1 NASIRAN E MEHDI ajf would like to acknowledge that unfortunately we are not accompanied by Maulana Anwer Ali this year, however, the entire itinerary of this trip and arrangements are being made under his confirmation. InshaAllah he will accompany us on the next trip.

NOTE 2 NASIRAN E MEHDI ajf welcomes Maulana Mustafa Mehdi, Maulana Hussain Ali Zaidi, Sheikh Salman Khoja, and Sayyid Ali Zaidi of Qom. We also welcome Maulana Mazhar Hussein Najaf and Maulana Nadeem Naqvi of Iraq. All will be joining to help and guide us throughout the trip. NASIRAN E MEHDI ajf welcomes renowned Nauha Khan Br. Syed Ali Safdar Rizvi of Pakistan for becoming part of this spiritual trip.

NOTE 3 NASIRAN E MEHDI ajf is not responsible for any Visa or Entry rejection due to any reason

NOTE 4 NASIRAN E MEHDI ajf does not take responsibility for the consequences of the development of COVID-19 due to travel

NOTE 5 NASIRAN E MEHDI ajf will try their best to be on schedule, however, it is possible that there might be some changes due to security reasons or convenience of za'ereen

GENERAL

- ✓ Travel documents AND their digital and hard copies
 - ✓ Passport
 - ✓ Residency card
 - ✓ Iraq visa form (filled out)
- ✓ Print-outs of flight itinerary and hotel details
- ✓ Cash (for group dues, visa fees, and local spending – see "Money" on page 10)
- ✓ Cell phone and charging cable
- ✓ Universal travel adapter
- ✓ Portable charger
- ✓ Essential medication (see "Medication Must-Haves" on page 06)
- ✓ Stroller for each child under five years of age (even if you think they will not need it, ziyarat can be especially difficult and tiring for children with very long periods of standing and or walking)
- ✓ Snacks for airport layovers and bus rides (e.g. granola bars)
- ✓ Travel prayer rug, tasbeeh, and turbah

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GENERAL

- ✓ Loose-fitting, lightweight, and breathable clothing
 - ✓ Athletic socks (help wick away moisture to keep your feet dry)
 - ✓ Extra socks for women (required to enter harum)
 - ✓ Chador for women (required to enter harum)
 - ✓ Hijabs and caps for women
 - 4–5 pant and shirt combinations (for men) and abayas (for women)
 - this is only a general recommendation so please consider your own preferences; hotel laundry services are likely to be available but not a guarantee
 - ✓ Comfortable walking shoes
 - ✓ Flip-flops for the restroom
- ✓ Toiletries
 - ✓ Toothbrush and toothpaste
 - ✓ Deodorant
 - ✓ Shampoo and conditioner
 - ✓ Hand sanitizer
 - ✓ Moisturizer and sunscreen
 - ✓ Comb, hairbrush, and hair-ties
 - ✓ Tissue packs
 - ✓ Spray bottle for wudu

Remember to also consider other personal items specific to you or your role (e.g. caregiver) that may not be listed here. For example, small travel fans and face towels can be helpful especially for young children given the very hot climate.

THE ARBA'EEN WALK

The bare minimum is always advised! Your backpack will feel heavier and heavier over the course of the walk. Here are some items that will come in handy:

- ✓ Nasiran e Mehdi scarf and name tag
- ✓ Contact details and card for hotel in Karbala (in case you arrive separately from the group and need directions)
- ✓ Essential medication (see "Medication Must-Haves" on page 06)
- ✓ Lightweight backpack
- ✓ Comfortable, wide-toed or open-toed footwear (do not wear brand new footwear as shoes need to be broken into and can otherwise lead to blisters)
- ✓ Extra pair of comfortable footwear to change into if needed (or if your other pair is misplaced at one of the mawkibs)
- ✓ Extra pairs of socks (blisters are caused by friction which is exacerbated by the presence of water or sweat, so remember to change your socks often and dry your feet properly after wudu)
- ✓ A single change of clothing just in case
- ✓ Tasbih or tasbih counter for dhikr

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THE ARBA'EEN WALK

- ✓ Cell phone and charging cable
- ✓ Universal travel adapter
- ✓ Portable charger
- ✓ Downloaded lectures, nohas, Quran recitations to listen to with headphones
- ✓ Toiletries
 - ✓ Toothbrush and toothpaste
 - ✓ Deodorant
 - ✓ Hand sanitizer
 - ✓ Moisturizer and sunscreen
 - ✓ Tissue packs
 - ✓ Spray bottle for wudu

NASIRAN E MEHDI AJF



MEDICATION MUST-HAVES

- ✓ Any medication you are required to take and or may need to take
If you have a pre-existing medical condition, please consult your physician on specific medications you should bring and take during ziyarat, and ensure that your prescriptions are sufficiently refilled ahead of travel dates.
If you are concerned you may need cold and flu medication or antibiotics, please have your doctor prescribe them to you and bring them with you – there is no guarantee that anyone else in the group will readily have it for you. However, please always disclose any illness as we have medically qualified volunteers able to assist.
- ✓ Electrolyte packets (e.g. Liquid IV, Vitalyte, Nuun)
- ✓ Pain reliever (e.g. Tylenol or Motrin)
- ✓ Antidiarrheal medication (e.g. Gravol, Pepto Bismol)
- ✓ Muscle relaxer ointment (e.g. Tiger Balm, Voltaren)
- ✓ Asthma relief (e.g. inhaler)
- ✓ Allergy medicine due to dust etc. (e.g. Claritin, Zyrtec, Benadryl)
- ✓ Sore throat lozenges
- ✓ Blister prevention patches or tape
- ✓ Face mask if suffering from dust allergies



MONEY

✓ Group Dues

Contact the authorized person after arrival to pay your remaining dues. This must be personally delivered as cash in an envelope with your name(s) prior to checking out from our hotel in Najaf. Please try to bring an exact denomination of bills totalling to the required amount and remember to use only the newest \$100 USD bills.

✓ Visa Fees

The cost of a visa upon arrival at Baghdad International Airport is \$77 USD per person. Ensure you have sufficient funds to pay the visa fees for your family and have an exact denomination of bills totalling to the required amount as it might be difficult to receive change.

✓ Local Spending

Usually \$500 USD per person is sufficient for local spending (e.g. rings, gifts, etc.) and in case of emergency — this is only a general recommendation so please consider your own family's preferences.

Shopkeepers and street kiosks offer exchange services to convert money from USD to the local currency but you are also welcome to ask the authorized volunteers for assistance and to exchange currency on your behalf if needed.



SAFETY

You are responsible for your valuables (e.g. cash, documents, etc.) so please stay attentive to their whereabouts. It is highly advised to not carry large sums of cash with you when outside — for visits to the bazaars for example, only take along what you anticipate to spend on that particular shopping trip.

PASSPORT AND LUGGAGE

- Ensure your passport is valid for at least six months starting from the date you *return* from your trip
- Ensure your personal details (e.g. name and date of birth) as they appear on your passport match your travel bookings
- Carry digital AND hard copies of your travel documents (e.g. passport, boarding passes, and travel itinerary)
- Save photos of all pieces of your luggage in case anything gets lost and needs to be identified — remember to take these photos before dropping off your bags for check-in at the airport

IMPORTANT REMINDERS



- Send a photo of yourself or a description of your outfit on travel day to the group leader — this will be helpful in knowing what you are wearing to be able to easily spot you in case you get separated from the group

DURING AIR TRAVEL AND LAYOVERS

WHAT YOU CAN EXPECT FROM US:

- General guidance will be provided during layovers on where to find bathrooms, prayer facilities, and gate for the next flight — we may walk to these locations together as a group

WHAT WE EXPECT FROM YOU:

- You remain responsible for making it to your next flight on time — Nasiran e Mehdi does not hold responsibility if you miss your flight(s) for any reason
- Arrive to your departure airport at least four hours prior to your flight time to remain unaffected by any unforeseen check-in and security delayed
- Ensure that you are present at your gate at the specified time on your boarding pass



IN IRAQ

WHAT YOU CAN EXPECT FROM US:

- Nasiran e Mehdi scarves and name tags with hotel details and key contact numbers distributed soon after arrival to hotel
- Directions to or accompanied visit to a medical clinic in case of urgency or emergency based on need
- Medically qualified volunteers (e.g. doctors) in the group to provide urgent medical advice and guidance to the best of their ability and capacity
- Although we will try to follow our planned schedule as best as possible, the group leader may have to change plans on short notice to ensure safety and convenience of za'ereen
- Clear announcements regarding group meet-up times (e.g. for majalis, bus departures, etc.)

WHAT WE EXPECT FROM YOU:

- Wear your Nasiran e Mehdi scarf and name tag at all times outside the hotel and ensure that your children are too
- Any and all medications that you might need
- Punctuality for majalis, atraaf ziyarat, jaloos, and check-out from hotels as the group and or buses will leave at their specified times
- Staying together with the group when walking through the streets to reach a destination (e.g. harum or bus pick-up point) as this is not the time to stop at stalls for shopping
- A helpful and forgiving attitude with fellow za'ereen as we are all there for the same purpose as a single family of Nasiran e Mehdi

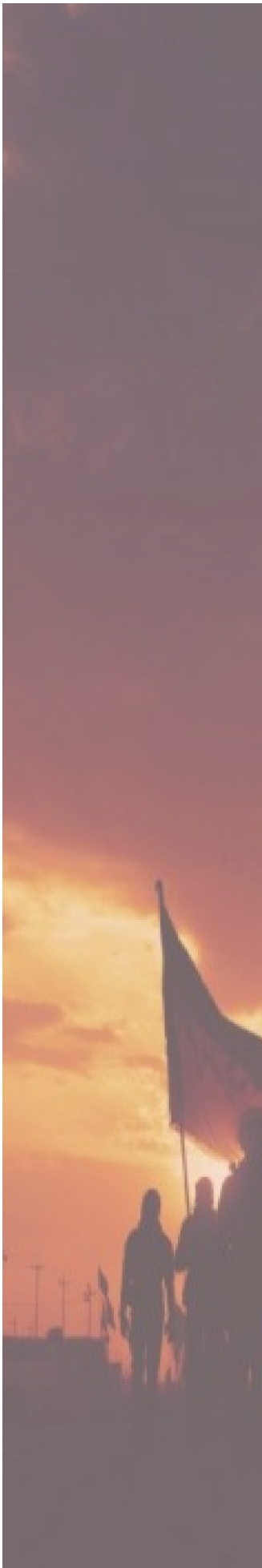
DURING THE WALK

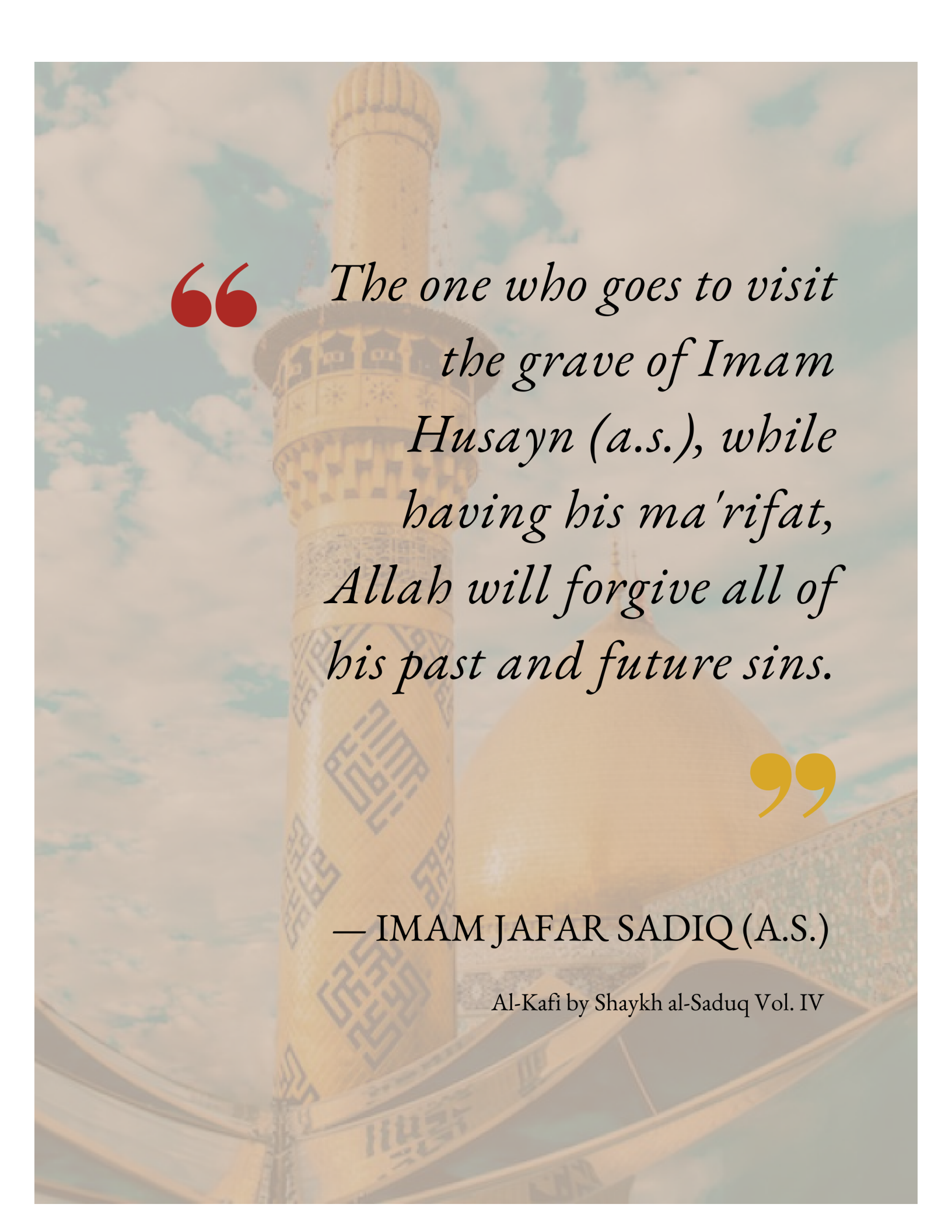
WHAT YOU CAN EXPECT FROM US:

- Regular location updates posted in group chat
- Clear announcements regarding group meet-up times to continue walk after resting at mawkibs
- Although rare, the group leader has the authority to make an executive decision on expediting your journey to Karbala if he feels that you are struggling and will not be able to complete the walk despite wishing to continue — this is for your own safety and well-being as ziyarat continues to be strenuous after arrival in Karbala so it is important to save your strength and energy for that too
- Numbered flagpoles with flashing trackers will be carried by volunteers so that you can easily spot them and keep your pace within the group

WHAT WE EXPECT FROM YOU:

- Stay together with the group
- Reconvene with group outside mawkib at the designated meeting point and time to continue the walk — we will not be able to wait indefinitely for individuals to catch up
- Know yourself — do not overexert yourself and feel that completion of the walk to Karbala is necessary. Please keep your fellow za'ereen in consideration who may be slowed down if you sustain injury God forbid (e.g. heatstroke, serious fatigue, serious muscle pain, blisters, etc.). You are welcome to inform the group leader of your physical state and request a ride to Karbala at any time.
- Wear your Nasiran e Mehdi scarf and name tag at all times





“

*The one who goes to visit
the grave of Imam
Husayn (a.s.), while
having his ma'rifat,
Allah will forgive all of
his past and future sins.*

”

— IMAM JAFAR SADIQ (A.S.)

Al-Kafi by Shaykh al-Saduq Vol. IV



"Peace be upon the defender who had no helper"
— IMAM MEHDI (AJF)

ZIYARAT NAHIYA



NASIRAN E MEHDI (AJF)

ZIYARAT WITH MA'RIFAT