

2025 HAJJ ADVISORY  
BPE No. 2025-032  
May 25, 2025



To: ALL PARTICIPATING SHEIKHS AND PILGRIMS  
Subject: MANAGING HEAT RISKS DURING HAJJ 1446 AH

The National Commission on Muslim Filipinos (NCFM) through its Bureau of Pilgrimage and Endowment (BPE) hereby issues an urgent reminder to all Filipino pilgrims participating in the 2025 Hajj season (1446 Hijri).

**Warning:** Climate forecasts and historical data strongly suggest this year's Hajj season will experience extreme heat, making it one of the hottest on record. The extreme temperatures pose significant health risks, particularly for pilgrims who may not be accustomed to such conditions.

In light of this, the NCFM-BPE strongly advises all pilgrims to prioritize their health and well-being by taking necessary precautions.

We urge all pilgrims to remember to carry and constantly utilize essential items to combat the heat and ensure their safety and comfort throughout the pilgrimage. Here are some essential items to consider bringing:

- Umbrella:** To reduce sun exposure.
- Electrolyte Drinks:** To help retain fluids and prevent dehydration.
- Sunglasses:** To keep your eyes moist and healthy.
- Comfortable Walking Shoes:** To prevent foot fatigue and make long walks easier.
- Sunscreen & Lip Balm:** To protect your skin and lips from drying and sunburn.
- Hydration:** Always carry sufficient water and hydrate frequently. Avoid sugary drinks and excessive caffeine.
- Cooling Aids:** Consider carrying portable fans, cooling towels, or spray bottles with water.
- Personal Medications:** Ensure you have an adequate supply of any prescribed medications, along with a doctor's note.

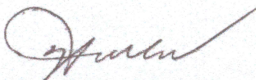
The NCFM-BPE is committed to ensuring a safe and spiritual Hajj journey for all Filipino pilgrims. We will continue to provide more detailed advisories and guidance in the coming days and weeks.

Your cooperation on this matter are highly appreciated as we collectively work towards a successful and well-organized Hajj 2025 for all Filipino pilgrims.

For inquiries or clarifications, please contact the NCFM-BPE through the contact details provided below:

 [ncmf.bpe@gmail.com](mailto:ncmf.bpe@gmail.com)  [ncmf.gov.ph](http://ncmf.gov.ph)  [facebook.com/ehajjPH](https://facebook.com/ehajjPH)

For information and guidance.

  
**ZAINODEN M. USUDAN**  
Director IV