

ESTABLISHING PRAYERS (SALAH)



- Look up prayer times in your destination city & schedule your appointments accordingly. Add prayer times to your calendar.
- Shorten and/or combine prayers*.
- Get a physical compass to look up prayer direction in case your Qibla App stops working.
- Look up airport prayer facilities.
- Look up in-flight prayer times using [HalalTrip](#).
- Book hotels/meetings near a mosque—or choose facilities with a quiet space to pray.
- Pray *Witr* prayer at night before sleeping.

ESTABLISHING PROPHETIC BEHAVIOUR



- Be honest, trustworthy, and smile :) .
- Give charity often (e.g. a large tip to the housekeeper of your hotel room).
- Don't get angry.
- Spread *salaam*.
- Don't engage in social gatherings that involve alcohol (e.g. happy hours).
- Keep interactions with opposite sex to a minimum without being disrespectful.
- Communicate proactively about your spiritual practices and faith.

ESTABLISHING REMEMBRANCE OF ALLAH



- When leaving your home, say the *dua* (supplication) for leaving home.
- When boarding your flight, say the *dua* for the start of travel.
- Recite the *dua* for entering a city, town or village.
- Write down the intentions for your journey.
- Ask for Allah's help, guidance, and *Barakah* for your journey.
- Bring your personal copy of the Quran and recite it often—on the flight, in the mornings before your meetings, and in the evenings before sleep.
- Carry a *tasbeeh* with you for those idle moments and engage in remembrance (instead of checking your phone often).
- Upon returning from a journey, stop at a mosque and pray 2 *rak'ah* before heading home (or pray them at home before catching up with your family).
- Recite the *dua* upon returning from a journey.

MAINTAINING PURITY (TAHARA)



- Carry a small water bottle for cleaning yourself (and backup toilet paper in case water is not available).
- Wear leather socks (*khuffayn*) or thick socks to wipe over (*masah*).
- If no water available for *wudu*, do *tayammum**.

MAINTAINING PURITY IN EATING



- Look up *Halal* restaurants, eg. via [Zabihah.com](#).
- Call restaurant ahead to verify *Halal* status.
- If no *Halal* option nearby, opt for fish/vegetarian option (and check the ingredients).

*Refer to your local imam for details on how to do this.