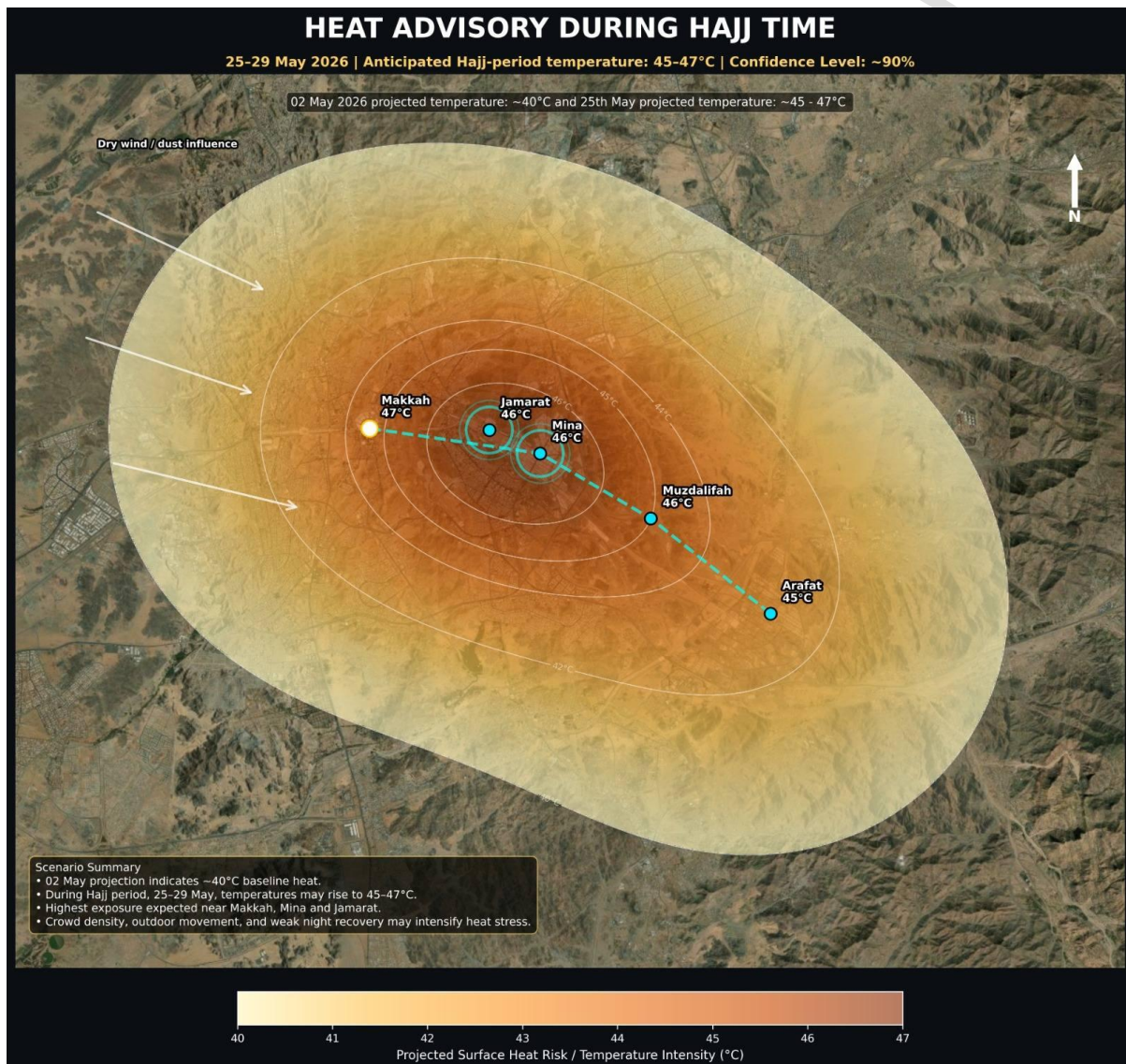


EXTREME HEAT ADVISORY FOR HAJJ 2026 (25–29 MAY 2026)

The **National Disaster Management Authority (NDMA), Pakistan** issues this heat advisory for the Hajj period (25–29 May 2026) based on projected extreme weather conditions in the Kingdom of Saudi Arabia. Temperatures across key pilgrimage locations Makkah, Mina, Arafat, Muzdalifah, and Jamarat are expected to range between 45°C and 47°C, with localized hotspots potentially exceeding these values. Meteorological indicators show intensified solar radiation, dry desert winds, and elevated surface heat accumulation, creating a high-risk thermal environment. Pilgrims are advised to remain vigilant and strictly adhere to safety guidelines issued by relevant authorities.



A significant increase in surface air temperature is expected during the Hajj period across Makkah and surrounding pilgrimage sites. Temperatures are projected to rise from an early May baseline of around 40°C to 45–47°C, with high confidence, indicating a strong positive thermal anomaly. The most intense heat exposure is expected in Mina, Jamarat, Muzdalifah, and Arafat, where dense crowd movement, prolonged outdoor exposure, dry winds, and limited night-time cooling will significantly enhance thermal stress. While large-scale climate variability such as El Niño can influence broader regional temperature patterns, the current

extreme heat risk is primarily driven by seasonal conditions and localized meteorological factors.

Key Risks

NDMA assesses the overall risk level as High. The convergence of extreme temperatures, mass gathering dynamics, and prolonged outdoor activity presents a serious threat to public health and safety. Critical zones such as Mina and Jamarat are identified as high-exposure areas due to crowd concentration and limited airflow. Dry and dusty winds may further aggravate respiratory discomfort and heat stress. Without strict adherence to preventive measures, there is a significant likelihood of widespread heat stress incidents.

- Increased likelihood of heat exhaustion and heatstroke
- Rapid dehydration under high temperature and low humidity conditions
- Cumulative heat stress due to weak night-time cooling
- Higher vulnerability among elderly pilgrims and individuals with pre-existing health conditions

Advisory Measures

For Authorities and Organizers

- Ensure continuous monitoring of temperature and heat index
- Expand cooling infrastructure, including shaded walkways, misting systems, and air-conditioned shelters
- Strengthen water distribution and rehydration points
- Deploy medical teams and emergency response units in high-density areas
- Issue timely and real-time public advisories

For Pilgrims

- Maintain frequent hydration, even without thirst
- Avoid direct sun exposure during peak hours
- Use umbrellas, head coverings, and light breathable clothing
- Follow crowd management instructions to minimize exposure
- Seek immediate medical attention if symptoms such as dizziness, fatigue, or confusion occur