

The Permissibility of Fasting While Traveling, Even If It Involves Some Hardship

On the authority of Abu ad-Dardaa' (Radiya-llahu 'an-hu), who said: 'We went out [on a journey] with the Messenger of Allah (Salla-llaahu alayhi wa Sallam) in the *month of Ramadaan, in intense heat*, to the extent that one of us would put his hand upon his head due to the *severity of the heat*. And there was no one amongst us fasting except the Messenger of Allah (Salla-llaahu alayhi wa Sallam) and Abdullah ibn Rawaahah (Radiya-llaahu 'an-hu). [al-Bukhaaree, no. 1945]

The Prophet (Salla-llaahu alayhi wa Sallam) went out on a journey with his **Sahaabah** (Companions, Radiyallaahu 'an-hum) during the month of **Ramadaan**, during the days of *intense heat*. As a result of the **intensity of the heat**, no one of them was fasting except the Prophet (Salla-llaahu alayhi wa Sallam) and Abdullaah ibn Rawaahah al-Ansaaree (Radiyallaahu 'an-hu); the two of them endured the severe heat and fasted.

Rulings Derived from this Hadeeth

1. The permissibility (**Jawaaz**) of fasting while **traveling**, *even* if doing so involves (an amount of) difficulty (**al-Ma-shaq-qah**) that does *not* reach the point of ruin/danger (**at-Tah-lu-kah**).

'*Umdah al-Ahkaam*', by al-Imaam Abdul-Ghaneer ibn Abdul-Waahid al-Maqdisee, along with its *Sharh* (Explanation) '*Tayseer al-'Allaam*', by Shaykh Abdullah ibn Abdur-Rahmaan ibn Saalih Aali Bassaam. Hadeeth No. 183 [p. 426]