

RUNNER-UP

Panama *at the World Cup.*

*A runner-up route hands you a different
knockout city. Plan for both.*



PANAMA

GROUP

L

CONFEDERATION

CONCACAF

OPENS AGAINST

Ghana · Toronto

TOURNAMENT

11 June - 19 July 2026 · USA · Canada · Mexico

matchday48.com/teams/panama/

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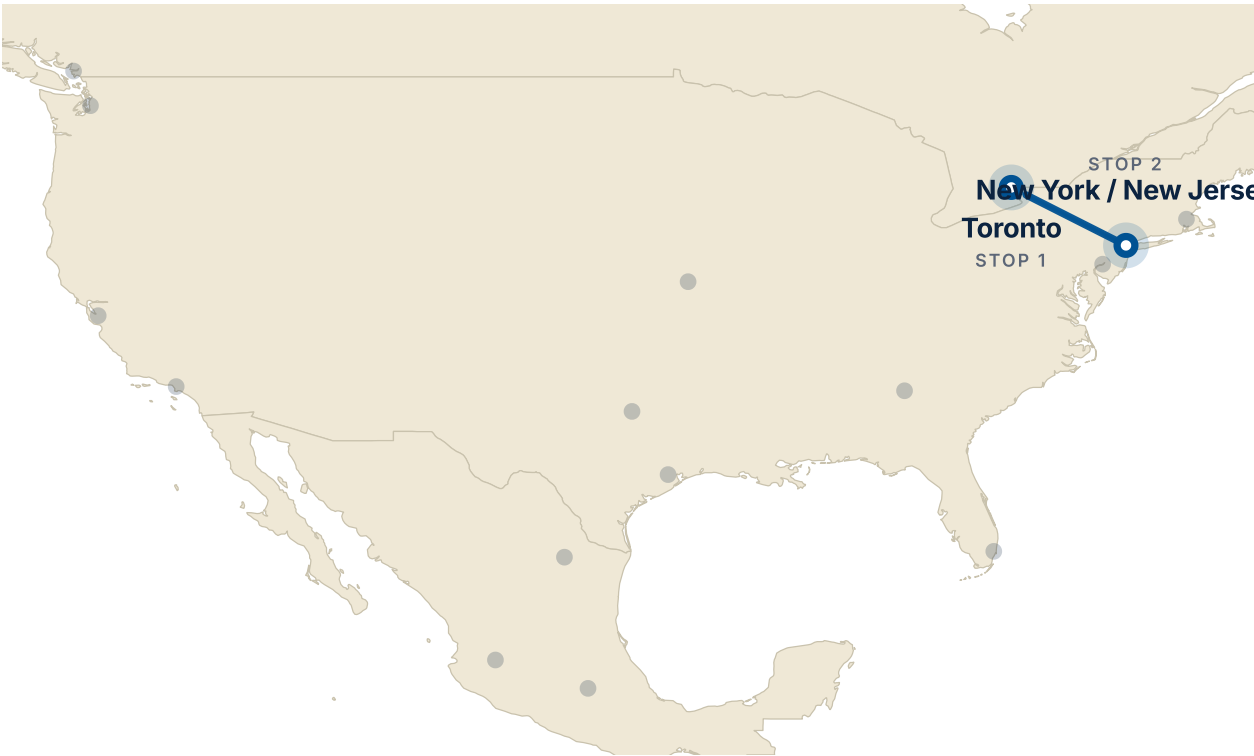
IsTheFootballOn

Your trip at a glance

Panama · Runner-up

MATCHES 4 3 group + up to 1 knockout	HOST CITIES 2 Toronto → New York / New Jersey	COUNTRIES 2 Canada · USA	TRAVEL TIME 2h Between host cities
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YOUR ROUTE ACROSS NORTH AMERICA



● Your stops ● Other host cities

BASE CAMP

Nottawasaga Training Site, New Tecumseth,
Ontario, Canada

FINAL VENUE

MetLife Stadium · New York / New Jersey · 19 July
2026

01 FIXTURES

3 MATCHES

Your group stage

	MATCH 1	 vs Ghana  Wed, 17 Jun 2026  Toronto - BMO Field	KICKOFF 19:00 00:00 UK
	MATCH 2	 vs Croatia  Tue, 23 Jun 2026  Toronto - BMO Field	KICKOFF 19:00 00:00 UK
	MATCH 3	 vs England  Sat, 27 Jun 2026  New York / New Jersey - MetLife Stadium	KICKOFF 17:00 22:00 UK
BASE CAMP Nottawasaga Training Site, New Tecumseth, Ontario, Canada TEAM HOTEL Not publicly disclosed (team security)			

EASTERN REGION · CANADA

Toronto

BMO Field · YYZ / YTZ



CAPACITY 45,700	ROOF Open bowl	SURFACE natural grass	CLIMATE Mild to warm, variable. Pack a light rain layer.
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🚗 WHERE TO STAY

BUDGET

HI Toronto Downtown

Walkable to BMO Field via Union Station.

MID

The Broadview Hotel

Riverside, rooftop bar.

PREMIUM

The Hazelton

Yorkville, quiet luxury.

Shangri-La Toronto

Central, polished.

🍴 WHERE TO EAT

Alo

tasting menu - Queen West, Canada's most lauded restaurant.

Schwartz's-rival Mr. Smoke Meat

deli - Montreal-style smoked meat.

Pai

Thai - Northern Thai from Chiang Mai, Entertainment District.

🧑 WORTH YOUR TIME

CN Tower + EdgeWalk

City view; the hands-free walk is 4× the cost of the top.

St. Lawrence Market

Peameal bacon sandwich at Carousel Bakery.

Toronto Islands ferry

10 min crossing; rent bikes on the island.

Kensington Market + Chinatown

Dumplings, Portuguese bakeries, vintage.

EASTERN REGION · USA

New York / New Jersey

MetLife Stadium · EWR / JFK / LGA



CAPACITY

82,500

ROOF

Open bowl

SURFACE

natural grass overlay

CLIMATE

Warm to hot, occasionally humid. Light jacket for evenings.

WHERE TO STAY

BUDGET

HI NYC Hostel

Upper West Side, Manhattan.

Pod 39

Budget micro-hotel, Midtown.

MID

Ace Hotel New York

NoMad, lobby scene.

citizenM Bowery

Lower East Side, pod-style.

PREMIUM

The Mark

Upper East Side, Jean-Georges on site.

The Ritz-Carlton NoMad

Rooftop bar.

WHERE TO EAT

Katz's Delicatessen

deli - Lower East Side, pastrami on rye.

Di Fara Pizza

pizza - Midwood, Brooklyn; Dom DeMarco's slices.

Atomix

tasting menu - Korean tasting menu, book two months ahead.

WORTH YOUR TIME

The High Line + Hudson Yards

Rail-trail through Chelsea.

Metropolitan Museum of Art

Pay what you wish for NY residents; full price otherwise.

Staten Island Ferry

Free; passes the Statue of Liberty.

Brooklyn Bridge walk + DUMBO

Start Manhattan-side at sunset.

02 TRAVEL

1 HOP

Getting from A to B

Toronto → New York / New Jersey

- 🚗 Drive 8h
- ✈️ Fly 1.5h

Worth stopping: **Niagara Falls** - Canadian side for the view.

03 PRE-FLIGHT

16 ITEMS

Packing checklist

- | | |
|--|--|
| ☐ Passport + printed copy | ☐ Tournament tickets |
| ☐ Insurance card + emergency contacts | ☐ 20,000 mAh power bank |
| ☐ Universal travel adapter | ☐ International eSIM |
| ☐ Broken-in walking shoes | ☐ Water bottle (empty through security) |
| ☐ Packing cubes | ☐ Sunscreen SPF 50 |
| ☐ Hat + sunglasses | ☐ Lightweight rain shell |
| ☐ Compression socks for flights | ☐ Matchday polyester shirt |
| ☐ Travel-friendly debit/credit card | ☐ Ibuprofen / paracetamol |

AFFILIATE · AMAZON

Reflective LED armband

Evening kick-offs mean walking back after dark. A clip-on reflective LED armband keeps you visible to traffic, packs to nothing and costs a few pounds.

[Find it on Amazon](#)

04

AFFILIATE · AMAZON

TESTED PICKS

Fan gear for your route



Sun-protective long-sleeve

UPF protection without cooking you - Dallas/Miami/Monterrey.

[Find on Amazon →](#)



Waterproof jacket

Packable rain shell for Vancouver, Seattle, Toronto.

[Find on Amazon →](#)



Packing cubes

Non-negotiable for a multi-city trip.

[Find on Amazon →](#)



20,000 mAh power bank

Enough for a matchday of phone, camera and maps.

[Find on Amazon →](#)



Wide-brim sun hat

Better than a cap for afternoon kickoffs in the south.

[Find on Amazon →](#)



Packable rain poncho

Stadium-friendly, fits in a small day pack.

[Find on Amazon →](#)



Travel pillow

For the long flight and the cross-country drive.

[Find on Amazon →](#)



Universal travel adapter

One adapter that handles plugs in all three host countries.

[Find on Amazon →](#)

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LIVE UPDATES

Open the live Panama team page for fixture, base-camp and route updates.