

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

England · Kansas City

TOURNAMENT

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

matchday48.com/teams/panama/

Built in collaboration with

IsTheFootballOn

Your trip at a glance

Panama · Runner-up

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



● Your stops ● Other host cities

BASE CAMP

TBC

FINAL VENUE

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

01 FIXTURES


3 MATCHES

Your group stage

MATCH

1

 vs **England**

 Wed, 17 Jun 2026  Kansas City - Arrowhead Stadium

KICKOFF

TBC

MATCH

2

 vs **Croatia**

 Tue, 23 Jun 2026  Houston - NRG Stadium

KICKOFF

TBC

MATCH

3

 vs **Ghana**

 Sat, 27 Jun 2026  Kansas City - Arrowhead Stadium

KICKOFF

TBC

BASE CAMP

TBC

TEAM HOTEL

TBC

CENTRAL REGION · USA

Kansas City

Arrowhead Stadium · MCI



CAPACITY

76,416

ROOF

Open bowl

SURFACE

natural grass overlay

CLIMATE

Warm, humid,
thunderstorm-prone.

WHERE TO STAY

BUDGET

Holiday Inn Kansas City Downtown

Walkable to Power & Light.

MID

Crossroads Hotel

Boutique in the Crossroads arts district.

PREMIUM

The Fontaine

Country Club Plaza, rooftop pool.

Loews Kansas City

Newest downtown high-rise.

WHERE TO EAT

Joe's Kansas City BBQ

BBQ - Z-Man sandwich; expect a queue.

Q39

BBQ - Competition-grade brisket, Midtown.

Bluestem

modern American - Westport, James Beard alumnus.

WORTH YOUR TIME

Nelson-Atkins Museum of Art

Free entry; shuttlecocks on the lawn.

Country Club Plaza

Spanish-style open-air district.

18th & Vine Jazz District

Negro Leagues Baseball + Jazz museums.

Power & Light District

Live music and bars downtown.

CENTRAL REGION · USA

Houston

NRG Stadium · IAH / HOU

nr^g stadium



CAPACITY

72,220

ROOF

Retractable

SURFACE

natural grass overlay

CLIMATE

Hot and humid. 32-35 °C
with heavy afternoon
storms.

WHERE TO STAY

BUDGET

La Quinta by Wyndham Houston Reliant Park

Walking distance to NRG.

MID

The Hotel Alessandra

Downtown, modern.

PREMIUM

Hotel ZaZa Houston Museum District

Pool, central to museums.

The Post Oak Hotel at Uptown

Five-star, Galleria area.

WHERE TO EAT

Pinkerton's Barbecue

BBQ - Texas pit BBQ, Heights.

Xochi

Oaxacan - Hugo Ortega, mole flight a must.

Crawfish & Noodles

Viet-Cajun - Asiatown; crawfish season tails off in June.

WORTH YOUR TIME

Space Center Houston

NASA mission control tour; a half-day.

Museum District + Menil Collection

Most museums free on Thursdays.

Galveston beach day

1 hr south, Gulf Coast.

Buffalo Bayou Park

Kayaking and cycling near downtown.

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

Kansas City → Houston

 Drive 11h

 Fly 1.5h

Worth stopping: **Tulsa, OK** - Art Deco downtown; Gathering Place park.

03 PRE-FLIGHT

16 ITEMS

Packing checklist

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



20,000 mAh power bank

Enough for a matchday of phone, camera and maps.

[Find on Amazon →](#)



Packing cubes

Non-negotiable for a multi-city trip.

[Find on Amazon →](#)



Sun-protective long-sleeve

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

[Find on Amazon →](#)



Universal travel adapter

One adapter that handles plugs in all three host countries.

[Find on Amazon →](#)



Travel pillow

For the long flight and the cross-country drive.

[Find on Amazon →](#)



Wide-brim sun hat

Better than a cap for afternoon kickoffs in the south.

[Find on Amazon →](#)



Walking shoes

You will walk more than you think - break them in first.

[Find on Amazon →](#)



Compression socks

Long-haul flights are brutal without them.

[Find on Amazon →](#)

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