

# Panama city cost savings



## Overview

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In this 2025 guide, we break down real-life costs — not marketing fluff — across rent, food, transportation, healthcare, and more. You'll also learn how Panama City compares to other cities globally, where to live affordably, and what lifestyle upgrades come without the North American price tag. The median after-tax salary is \$982, which is enough to cover living expenses for 0. Ranked 3765th (TOP 41%). Solo nomad: Estimated monthly costs are \$792 (excluding rent), and \$1,813 including rent. 9% less expensive than New York (excluding rent, see. Panama City presents one of Central America's most dynamic cost structures for travelers in 2026, balancing sophisticated metropolitan infrastructure with accessible budget-friendly options. This guide breaks down expenses, shares real expat experiences, and answers the big question: Can you live comfortably on \$3,000 a month in Panama?

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### [Cost of Living in Panama City](#)

If you're after easy residency options or a solid base to explore the rest of Panama, it could be worth a shot. But if you're looking for a vibrant cultural scene on a budget, you might want to ...

### [Cost of Living in Panama: 2025 Guide for Expats, Retirees, and Families](#)

The cost of living in Panama is generally 30-50% lower than in major cities in the United States and Canada, but your monthly budget will vary widely depending on where you live, whether you rent or ...



### [Panama City: Cost of Living, Prices for Rent & Food \[2025\]](#)

The average cost of living in Panama City is \$1560, which is close to the world's average cost of living, ranked 3737th out of 9294 in our global list and 1st out of 10 in Panama. The median ...



### [Cost of Living in Panama City](#)

Discover the cost of living in Panama City - housing, food, transport & more. Compare expenses and plan your budget.



### [Panama Living Expenses 2025-2026](#)

From housing in Panama City to daily expenses in smaller towns, we will cover everything you need to know to plan your budget for life in this vibrant Central America nation.



### [Cost of Living in Panama City. Dec 2025. Prices in Panama City](#)

Panama City is 52.9% less expensive than New York (excluding rent, ...



### [Cost of Living in Panama City. Dec 2025. Prices in Panama City](#)

Panama City is 52.9% less expensive than New York (excluding rent, see our cost of living index). Rent in Panama City is, on average, 74.1% lower than in New York. Do you live in ...



[Panama City Budget Guide 2026: Complete Cost Breakdown](#)

Panama City costs 40-60% more than Guatemala City or Managua but remains 20-30% less expensive than Costa Rica's major cities. The dollarized economy creates pricing transparency ...



[Cost of Living in Panama City 2025 , Panama Sovereign Realty](#)

Find out how much it really costs to live in Panama City in 2025. See breakdowns for rent, food, healthcare, utilities, and lifestyle for all budgets.

[Cost of Living in Panama City](#)

Here's a detailed breakdown of the cost of living, helping you understand what expenses to expect, from housing to healthcare. This guide aims to provide all the relevant information you'll need to craft a ...



[Cost of Living in Panama: A Complete 2025 Guide for Expats](#)

For many expats, the answer is yes--but it depends on where you settle. In Panama City, Couples often spend between \$3,000 and \$5,000 per month for a middle-to-upper-class lifestyle. Rent is the largest ...

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