



THE PLANTZ CANNABIS GUIDE TO THE

World Cup

What Every Fan Needs to Know

USA | Canada | Mexico | June 11 – July 19, 2026



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THREE COUNTRIES, THREE REALITIES



CANADA

FULLY LEGAL

- 30g in public for all adults 19+
- Licensed dispensaries in Toronto and Vancouver
- Edibles, flower, concentrates all available
- The easiest host country for fans



USA

DEPENDS ON THE CITY

- Legal in 7 of 11 host cities
- ILLEGAL in Dallas, Houston, Miami, Atlanta
- Federal ban on all federal property including airports
- Penalties vary wildly by state



MEXICO

LEGAL GREY ZONE

- 5g decriminalized federally
- No legal dispensaries anywhere
- Mexico City tolerance zones only (28g limit)
- Unpredictable enforcement for tourists



CANADA

The Easy One

TORONTO

BMO Field

Ontario — Age 19+ | Dispensaries throughout the city
OCS (Ontario Cannabis Store) operates retail and online

VANCOUVER

BC Place

British Columbia — Age 19+ | Dispensaries throughout the city
BC Cannabis Stores + many private retailers

- ✓ 30g possession in public — all adults, any nationality
- ✓ Full range available: flower, edibles (10mg THC/serving), concentrates, beverages
- ✓ Licensed dispensaries everywhere — look for OCS (Ontario) or BC Cannabis Stores
- ⚠ Drug driving: 2–5 ng/ml THC is a summary offence; 5+ ng/ml is a hybrid offence — no medical exemption
- ✗ Cannot take ANY cannabis across the US or Mexican border — even with a medical document
- 📄 Cannabis is accessed via a 'medical document' not a prescription — any GP can issue one



USA: CITY BY CITY

11 Host Cities, 11 Different Rules

CITY	STATE	STATUS	REC?	POSSESSION	DISPENSARIES
Los Angeles	California	●	Legal	1 oz flower, 8g concentrate	Yes — 1,000+ retailers
San Francisco	California	●	Legal	1 oz flower, 8g concentrate	Yes
Seattle	Washington	●	Legal	1 oz flower	Yes
New York / NJ	New Jersey	●	Legal	1 oz flower	Yes — NJ dispensaries
Boston	Massachusetts	●	Legal	1 oz flower	Yes
Kansas City	Missouri	●	Legal	3 oz flower	Yes
Philadelphia	Pennsylvania	●	Medical only	Decriminalized <30g	Medical dispensaries
Miami	Florida	●	Medical only	Up to 20g = misdemeanor	Medical dispensaries
Atlanta	Georgia	●	Illegal	<1 oz = misdemeanor	No
Dallas	Texas	●	Illegal	<2 oz = misdemeanor	No
Houston	Texas	●	Illegal	<2 oz = misdemeanor	No

Edibles: 10mg per serving / 100mg per package in all legal states



MEXICO: THE GREY ZONE

No Legal Shops, Unpredictable Enforcement

MEXICO CITY

Azteca Stadium

Opening match host. Tolerance zones permit 28g. Outside those zones: 5g federal limit.

GUADALAJARA

Akron Stadium

No tolerance zones. Federal 5g decriminalized limit only. Enforcement varies.

MONTERREY

BBVA Stadium

No tolerance zones. Federal 5g decriminalized limit only. More conservative enforcement.

- ⚠️ 5g decriminalized federally since 2009 — above this triggers investigation
- ❌ No legal dispensaries exist anywhere in Mexico — tourists cannot buy legally
- ❌ Selling cannabis to tourists is illegal — all street purchases carry risk
- ⚠️ The US government explicitly warns that drug possession is illegal in Mexico
- ❌ Importing cannabis into Mexico from any country is illegal regardless of prescription
- 📄 Medical cannabis legal since 2017 but limited to products under 1% THC — very restricted



CROSSING BORDERS

International & Interstate Travel

✗ NEVER cross an international border with cannabis — USA, Canada, or Mexico. Not even with a medical prescription.



INTERNATIONAL BORDERS

- ✗ Cannabis cannot cross US-Canada or US-Mexico borders in either direction
- ✗ Medical prescriptions do NOT authorize international transport
- ✗ Non-citizens: admitting cannabis use to a US border officer risks LIFETIME inadmissibility — even after rescheduling
- ✗ FDA-approved drugs only (Epidiolex, Marinol) can travel with a prescription



US STATE LINES

- ⚠ Interstate cannabis transport is a federal felony — even between two legal states
- ⚠ TSA reports cannabis finds to local law enforcement — outcome varies by airport
- ⚠ Amnesty boxes at some airport security for voluntary disposal before screening
- ⚠ State medical cards allow in-state purchasing only — NOT interstate transport



GOLDEN RULES FOR FANS

Stay Safe, Stay Legal

1

Check your city first

Cannabis laws change at every state line. Legal in LA doesn't mean legal in Dallas.

3

Avoid federal property

Airports, national parks, federal buildings, military bases, VA facilities — all banned.

5

Buy legal or don't buy

In Canada: dispensaries. In legal US states: licensed retailers. In Mexico: no legal option.

7

Consume privately

Public consumption is restricted or banned in most jurisdictions. Hotels may prohibit it too.

2

Never cross borders with cannabis

Not between countries, not between US states. Not even with a medical card.

4

Non-citizens: never admit use at the border

US CBP can impose lifetime entry bans for cannabis admissions. Rescheduling didn't fix this.

6

Don't drive impaired

Per se THC limits exist in the US (varies by state) and Canada (2–5 ng/ml). No medical exemption.

8

Medical patients: plan ahead

Your prescription is only valid in the country that issued it. Research local rules before you fly.



KNOW THE RULES. ENJOY THE BEAUTIFUL GAME.



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Your evidence-based guide
to cannabis & natural remedies