MY MEXICO MOVE

Mexico City Per-City Pack

The paid, printable companion to the free city profile

November 2026 edition | mymexicomove.com

One of the great cities of the world, with a cost of living that, while rising, still undercuts any comparable global capital. A metro area of over 20 million people at 7,300 feet of altitude, with world-class museums, a restaurant scene that competes globally, leafy walkable neighborhoods, and every service, specialist, and flight connection you could want.

How this pack was built

Every figure in this pack is taken from the free Mexico City profile at mymexicomove.com/cities/mexico-city/, verified November 2026. This edition goes beyond the free profile: it adds a fill-in budget worksheet built on the profile's own figures, a first-30-days plan sequenced from the profile's own sections, a rental viewing checklist, Spanish phrases for renting and for healthcare visits, and the consulate and canje steps from the site's residency guides. Where the profile states a gap, this pack states the same gap, honestly, in the Honest gaps section and in the worksheet.

What is in this pack

- The snapshot: monthly totals, rents, climate and healthcare at a glance.
- Costs and rents, with the profile's own monthly totals and rent ranges.
- Neighbourhoods, streets, markets, healthcare and IMSS, Spanish, expat life, retirement fit, work, families and schools, food, and safety.
- Climate by the month, from the profile's own published source.
- Honest gaps: what the profile does not verify, stated plainly.
- New in this edition: a fill-in budget worksheet, a first-30-days plan for this city, a rental viewing checklist, Spanish phrases for renting and healthcare, and the consulate and canje steps.
- A printable, dated checklist for this city: what to check before you sign, and your first 30 days.

This pack is a PDF download. Buying the pack does not include platform membership. Your purchase carries the 14 day money back guarantee. Full refund on an email request within 14 days. Your purchase includes 3 downloads, and the download link expires in 7 days.

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The snapshot

The profile's own headline figures, as the profile prints them.

Figure	Value	Basis
Monthly total, a couple	$2,500–$4,000	A couple living well, all in
Rent, Roma and Condesa, furnished 1 to 2 bedrooms	$1,200–$2,500	Per month, expat standard
Climate	Highland capital	7,300 feet; warm days, cool nights
Healthcare	Deepest bench in Mexico	Centro Médico ABC, Médica Sur, Hospital Ángeles Pedregal and Lomas

Travel advisory: Mexico City is at Level 2 (Exercise Increased Caution) in the US State Department Mexico advisory dated 11 August 2026.

Costs and rents

No single-person monthly total is published in the Mexico City profile. The profile publishes a couple's all-in range only.

Monthly total, a couple: $2,500–$4,000 (A couple living well, all in).

Rents

Rent	Range	Note
Roma and Condesa, furnished 1 to 2 bedrooms	$1,200–$2,500	Per month, expat standard; Polanco above that, value neighborhoods meaningfully below

Roma and Condesa rents have climbed hard since 2020. Rent character follows the same split as the neighborhoods: Roma and Condesa command the premium and the English, Polanco commands more of both, Coyoacán trades a longer commute for a colonial quiet, and the value neighborhoods trade a little buzz for a lot of space.

Neighbourhoods

Roma Norte and Condesa

The default expat landing zone: walkable, tree-lined, cafe-dense, and priced accordingly. Wonderful, but you will hear plenty of English.

Polanco

Upscale, polished, and expensive; think embassies, luxury retail, and top hospitals nearby. Suits bigger budgets and quieter tastes.

Coyoacán

Colonial plazas, Frida Kahlo's neighborhood, a more Mexican rhythm at gentler prices, further from the center's buzz.

Nápoles, Del Valle, Escandón, Juárez

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The value plays: central, well-served, more local, and where the profile steers clients who want city life without Roma pricing.

Streets and getting around

Mexico City is the one city on this list where you should not own a car. The Metro is vast, cheap, and crowded at rush hour; the Metrobús covers the corridors expats use most; and rideshare fills every gap for a few dollars a trip. A Metro or Metrobús ride costs a few pesos, the system runs on a rechargeable Integrated Mobility card, and the network reaches most of the places a resident actually goes. Taxis are plentiful and rideshare apps operate citywide. The airport, Benito Juárez International (AICM), sits east of the center with direct flights to virtually everywhere, while the newer Felipe Ángeles airport (NLU) sits well north of the city and serves a smaller set of routes. Living centrally and walking most days is the difference between loving CDMX and merely surviving it.

Markets and daily shopping

Mexico City is a market city on a scale no other city on this list can match. The Mercado de Coyoacán is the colonial neighborhood market. La Merced, east of the center, is one of the largest markets in Latin America, best visited in the morning and with a local's guidance the first time. The Mercado Roma is the polished food hall, the Mercado de Medellín in Roma Sur is the Latin American market, and the Mercado San Juan is the gourmet market where chefs buy. For the weekly supermarket shop, Soriana, Walmart and Chedraui cover the standard run, City Market and La Comer cover the premium and imported range, and the city's tianguis, the weekly street markets that rotate by neighborhood, are the cheapest produce in the city.

Healthcare and IMSS

Mexico City has the country's deepest medical bench: major private hospitals, every specialty, and English-speaking care that draws patients from across Latin America.

Facility	Type	What the profile says
Centro Médico ABC (American British Cowdray)	Private hospital	Observatorio and Santa Fe campuses, JCI-accredited, the most internationally recognized hospital in the country
Médica Sur	Private hospital	Tlalpan, Mayo Clinic Care Network member, strong in oncology, cardiology and complex surgery
Hospital Ángeles Pedregal	Private hospital	Grupo Ángeles flagship
Hospital Ángeles Lomas	Private hospital	Grupo Ángeles flagship
Hospital Español	Private hospital	Founded in 1888, the other historic private name
Centro Médico Nacional Siglo XXI	Public, IMSS	IMSS national medical center
Centro Médico Nacional La Raza	Public, IMSS	IMSS national medical center
National institutes	Public, national institutes	Cardiology, nutrition, oncology and pediatrics

IMSS

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