Telephone: 1-868-225-3488
Email: synop@metoffice.gov.tt Website: www.metoffice.gov.tt

Rainfall and Temperature Outlook for Trinidad and Tobago, July to September 2025

Key words: below-normal ("less than usual"), near-normal ("usual") or above-normal ("More than usual")

Near Normal Rainfall for July to September 2025: Flooding Potential is Moderate to High

Key Messages

- High probability (70%) for mostly near normal rainfall totals exists during July to September (JAS) 2025 over Trinidad and Tobago;
- Near normal means that a range of 75% to 125% of the average rainfall amounts are possible;
- Moderate chances (60%) for an average number of extremely wet days (> 25.0 mm) during JAS 2025;
- High chances (70%) exist for normal to above normal rainfall in July 2025;
- JAS rainfall totals with the highest chance of occurring range between 458-1001 mm in Trinidad and between 457-699 mm in Tobago;
- Both day and night temperatures are predicted to be above average for most of Trinidad and Tobago with moderate (60%) probabilities.

Likely Impacts

- Mostly average rainfall totals are expected during July to September with moderate chances for usual number of wet days and a moderate to high chance for flooding to occur;
- An increase in surface water ponding in areas can promote mosquito breeding. This will increase the risk for higher incidences of vector borne diseases.
- Frequent rainfall events, mixed with warm and humid conditions tend to promote rapid multiplication of some agricultural pests, diseases and fungal growth.
- High probability exist for high fly and mosquito populations.

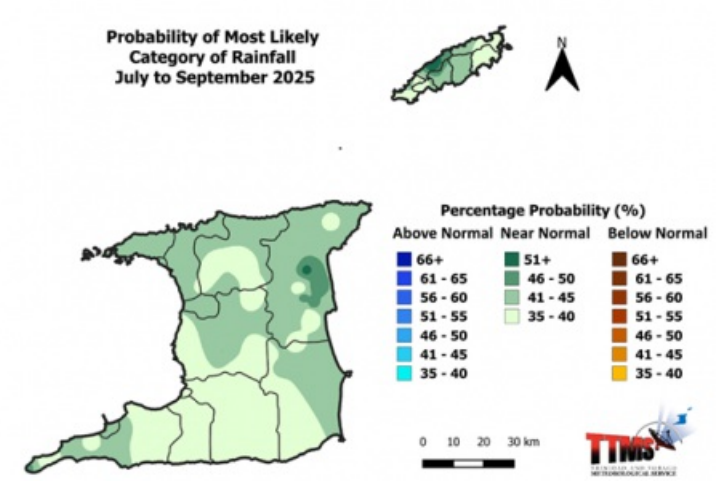

Figure 1: Category of rainfall likely for JAS (July to September) 2025 with the highest chance of occurrence expressed as probabilities represented on the map. Blue areas indicate places with an increased chance for above normal rainfall, brown areas show an increased chance for below normal rainfall, while green areas show an increased chance for near normal rainfall. Normal is defined by the rainfall that was observed in middle one-third of the JAS period rainfall totals during the historical period used to produce the outlook.

- Moderate probability exists for near normal rainfall totals over most parts of Trinidad and Tobago during July to September (JAS) 2025;
- Chances are moderate (60%) for the usual number of extremely wet days (> 25.0 mm) for JAS; i.e. expect between 2 – 7 extremely wet days in Trinidad and 2-5 in Tobago during the period.

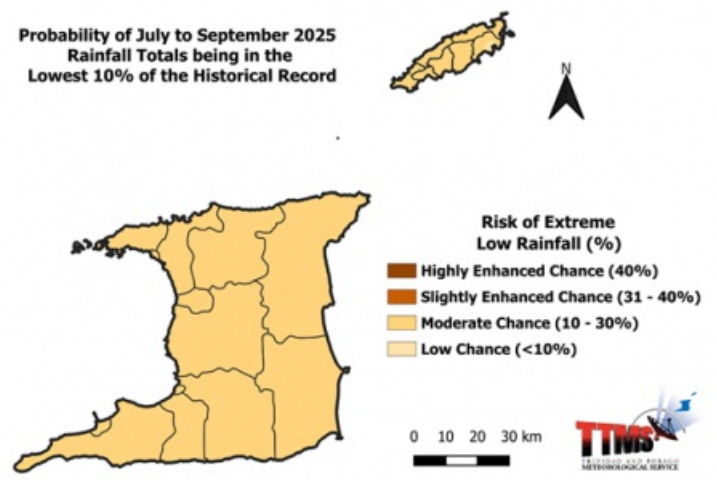

Figure 2: Risk of the JAS 2025 being extremely drier than normal (within the lowest 10% on record).

- The risk of extremely drier than normal conditions is low to moderate (9-26%) over Trinidad and Tobago;

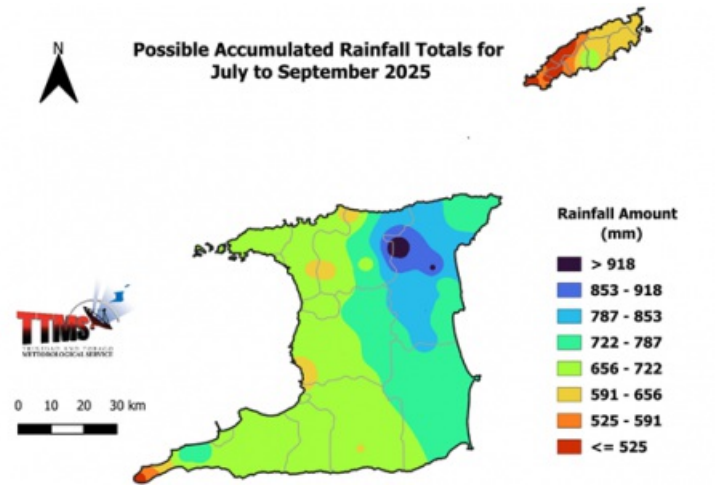

Figure 3: Outlook of possible rainfall accumulated totals for July to September, with the highest chance of occurring.

- Largest rainfall accumulated totals for JAS are likely to be as high as 1001 mm in areas such as Cumaca, Sangre Grande, North Oropouche and Matura in Northeastern Trinidad; and near 699 mm in Hillsborough, Mt. Saint George and environs in southeast Tobago.

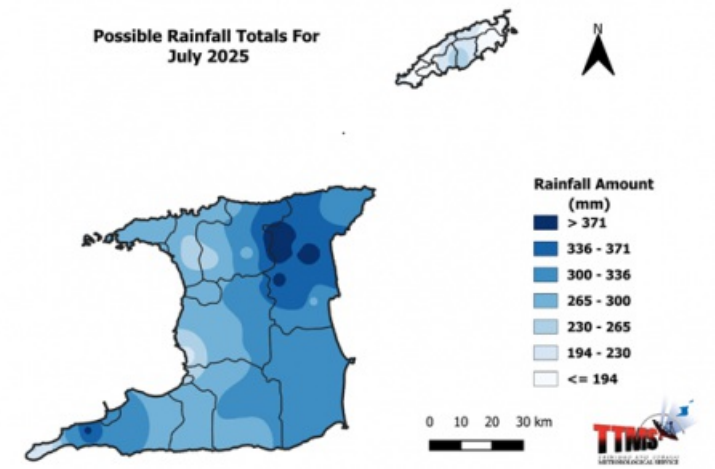

Figure 4: Possible rainfall totals for July 2025.

- July rainfall with the highest chance of occurring ranges from about 204-410 mm in Trinidad and 159-248 mm in Tobago;
- There is a high (80%) probability for flooding events to occur in July 2025.

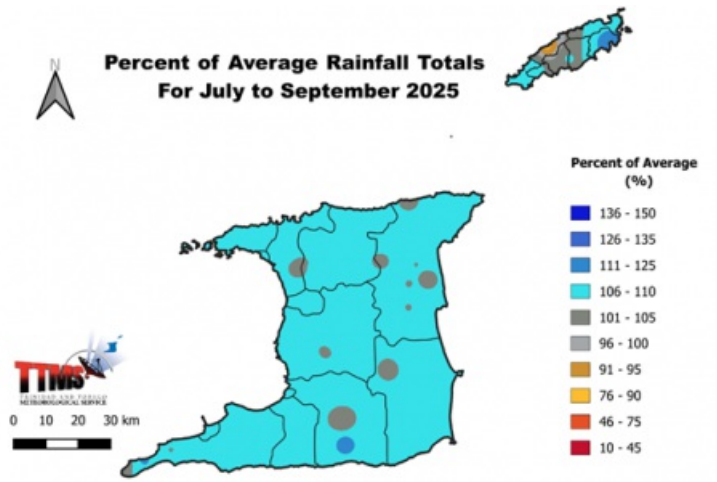

Figure 5: Percentage of Average Rainfall Totals for July to September 2025

- July to September (JAS) rainfall totals are likely to be mostly near normal over Trinidad and Tobago;

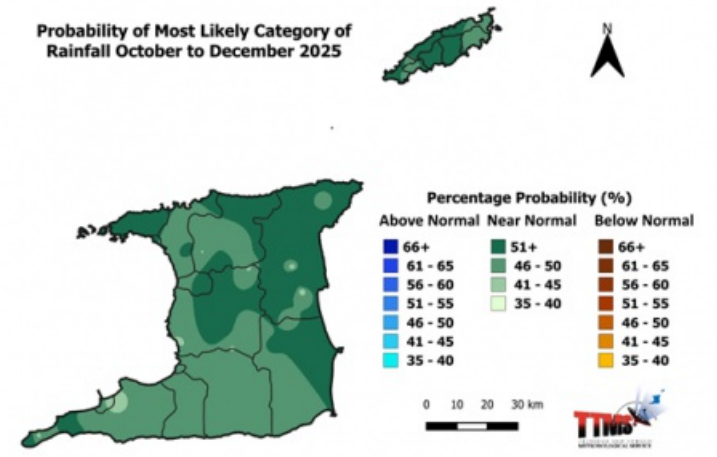

Figure 6: Category of rainfall likely for October to December 2025 with the highest chance of occurrence expressed as probabilities represented on the map. Blue areas indicate places with an increased chance for above normal rainfall, brown areas show an increased chance for below normal rainfall, while green areas show an increased chance for near normal rainfall. Normal is defined by the rainfall that was observed in middle one-third of the OND seasons during the historical period used to produce the outlook.

- Mostly near normal rainfall totals are expected during the period October to December 2025 across Trinidad and Tobago.

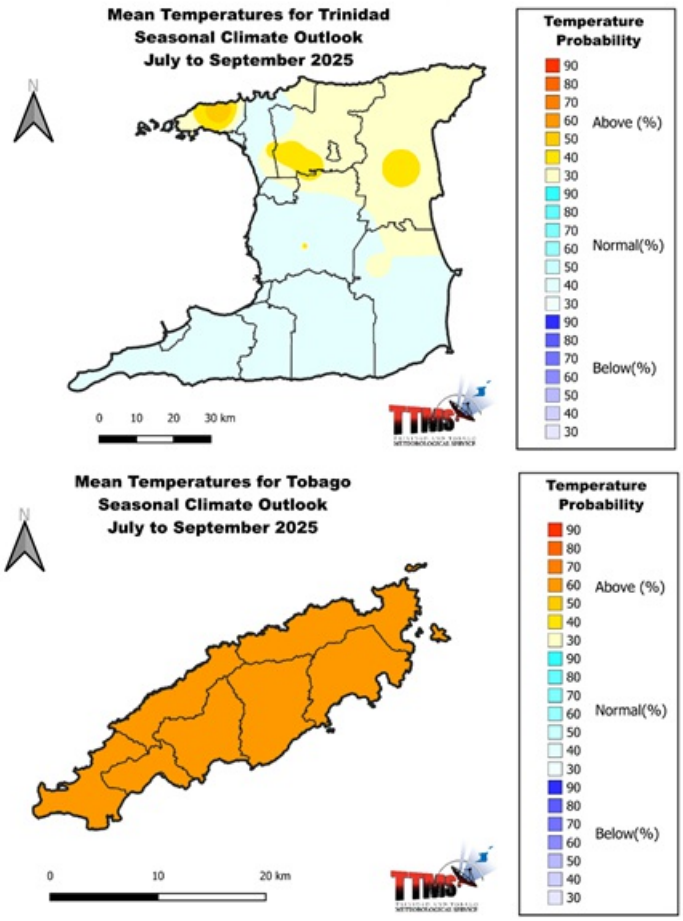

Figure 7: The maps show the colour-coded category (below-normal, above-normal, and near-normal) of maximum and maximum temperatures that is most likely to occur across Trinidad and Tobago for the July to September (JAS) period 2025. The colour-coded bar-graph with the numbers to the right gives the likelihood for each forecast category to occur.

The Temperature Outlook Favours Mostly Above Normal Temperatures for July to September 2025.

- Both daytime and night temperatures are likely to be warmer than average over northern Trinidad and Tobago;
- There is a moderate (65%) chance of warmer than average days in urban and built up areas in Trinidad and Tobago;
- Rural and southern areas of Trinidad are likely to be warm as average.

How Should You Respond? ***Take Early Action!***

Health Sector:

- Clear bushes, open drainage systems, fumigate in and around residences;

- Revisit contingency plans to manage spike in vector borne incidences and rainfall related infections.

Disaster Risk Management Sector:

- Sensitize communities on the forecast and its negative impacts;
- Revisit early warning information dissemination channels;
- Alert communities in low lying areas (flood prone) to act early;
- Alert at risk residence and communities that are still prone to landslide and slip.

Agriculture & Food Security Sector

- Practice soil moisture conservation like mulching and trenches;
- Clear vegetation from crop beds and drains to ease waterlogged soils.
- Put in place disease control measures.

Water, Drainage and Energy sector

- Implement water harvesting, storage and proper usage;
- Conduct routine de-silting of water channels, canals and reservoirs;
- Remove dry branches, trees and overhang near electrical wires.

General Public

- Proper preparation especially for persons in at risk areas;
- Clean drains and surrounding areas of debris, be sand-bag ready;
- Conserve, store and manage water in a safe and adequate manner;
- Be watchful for extreme rainfall events;

Be vigilant and visit the Met Service website regularly to keep up to date on local weather changes daily at www.metoffice.gov.tt or download our mobile app on Google Play Store or Apple iStore.

Climatic Influencers and Context of the Outlook:

- Currently, sea surface temperatures (SSTs) in waters surrounding Trinidad and Tobago and further east of the islands range from average to above average. Most climate models surveyed favour a continuation of average to above average temperatures to persist throughout the period July to September 2024.

- ENSO neutral conditions exist presently in the central Pacific Ocean and is expected to continue throughout the months of July to September;

- The North Atlantic Oscillation (NAO) was observed in a mostly weak positive phase all throughout June 2025 and is forecasted to continue to be positive in July. The overall influence should be a slight negative impact on local rainfall.

- The Madden Julian Oscillation (MJO) signal continues to be disorganised with other tropical modes prevailing at this time and is not likely to reside over the region in the month of July 2025. However fast moving equatorial Kelvin Wave activity positively influenced rainfall amounts in May-June and will likely positively influence rainfall totals in July and August 2025.

Telephone: 1-868-225-3488
Email: synop@metoffice.gov.tt Website: www.metoffice.gov.tt