Rainfall and Temperature Outlook for Trinidad and Tobago, August to October 2025

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

Near Normal Rainfall for August to October: Flooding Potential is Moderate

Key Messages

- Moderate chances exist for near normal rainfall totals during August to October (ASO) over Trinidad and Tobago;
- Near normal means that a range of 75% to 125% of the average rainfall amounts are possible;
- Enhanced chances for the average number of extremely wet days (> 25.0 mm) during ASO;
- All three months have a high (70%) chance for near normal rainfall;
- ASO period rainfall totals with the highest chance of occurring range between 347-893 mm in Trinidad and between 375-705 mm in Tobago;
- Both day and night temperatures are predicted to be above average for Trinidad and Tobago with high (70%) probabilities for short-duration hot spells in September.

Likely Impacts

- Mostly average rainfall totals are expected during August to October with moderate chances for the usual number of wet days and a moderate 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 weeds, agricultural pests, diseases and fungal growth.
- High probability exists for high fly and mosquito populations.

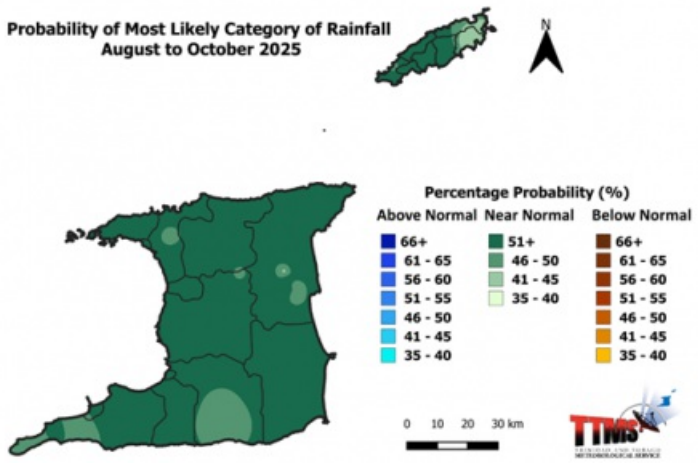

Figure 1: Category of rainfall likely for ASO (August to October) 2025 with the highest chance of occurrence expressed as probabilities represented on the map. Blue areas indicate places with an increased chance for above normal rainfall, brown areas show an increased chance for below normal rainfall, 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 ASO period rainfall totals during the historical period used to produce the outlook.

- Moderate probability exists for near normal rainfall totals over Trinidad and Tobago during ASO;
- Chances are moderate (65%) for the usual number of extremely wet days (> 25.0 mm) for ASO; i.e. expect between 4 – 9 extremely wet days in Trinidad and 3-7 in Tobago during the period.

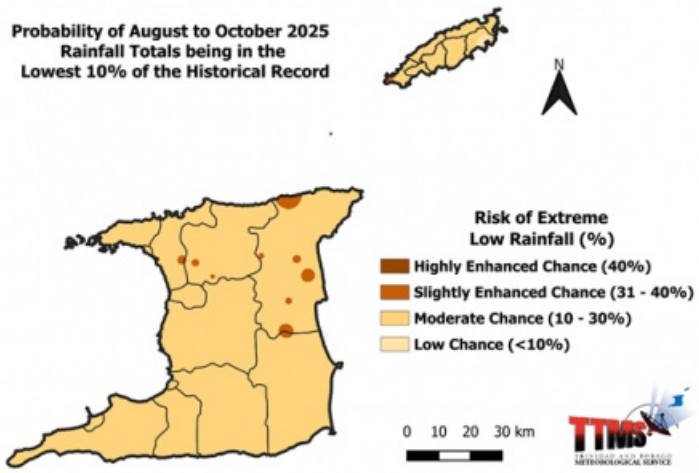

Figure 2: Risk of the ASO 2025 being extremely drier than normal (within the lowest 10% on record).

- The risk of extremely drier than normal conditions is moderate to slightly enhanced (11-36%) over Trinidad;
- The risk of extremely drier than normal conditions is low to slightly enhanced (9-34%) over Tobago;

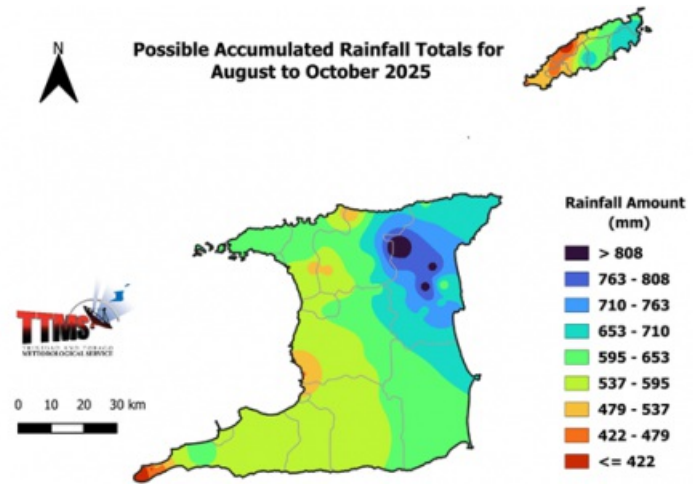

Figure 3: Outlook of possible rainfall accumulated totals for August to October, with the highest chance of occurring.

- Largest rainfall accumulated totals for ASO are likely to be as high as 893 mm in areas such as North Oropouche, Valencia, Sangre Grande and Plum Mitan in Northeast and east Trinidad; and near 705 mm in Goodwood, Mt. Saint George and environs in northeast Tobago such as Delaford and Speyside.

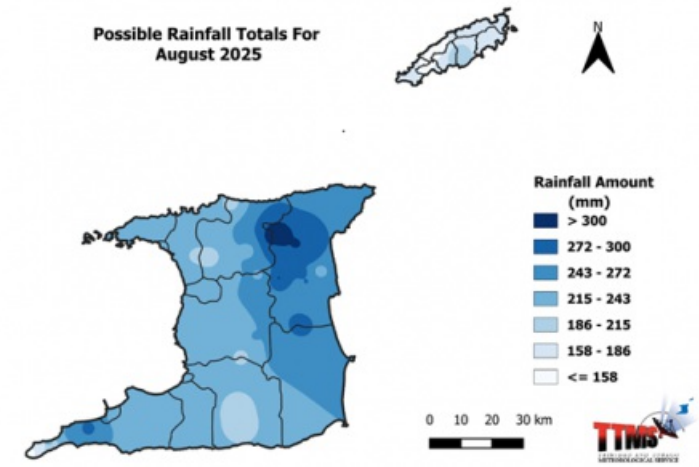

Figure 4: Possible rainfall totals for August 2025.

- August rainfall with highest chance of occurring ranges from about 139-341 mm in Trinidad and 126-206 mm in Tobago.

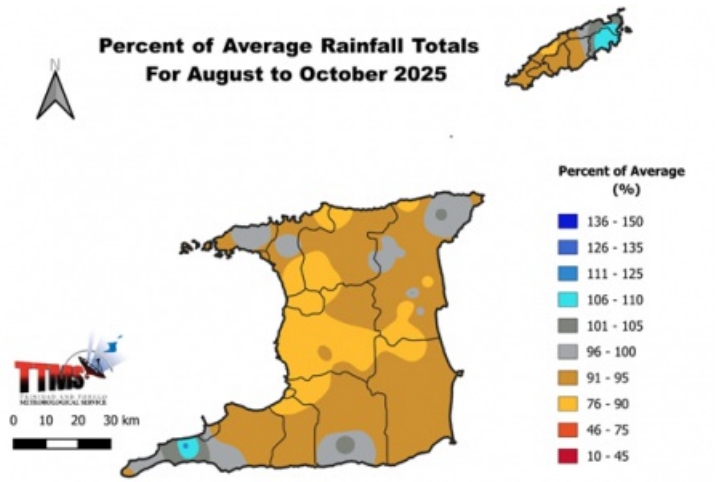

Figure 5: Percentage of Average Rainfall Totals for August to October 2025

- August to October (ASO) rainfall totals are likely to be near normal over most of Trinidad and Tobago;

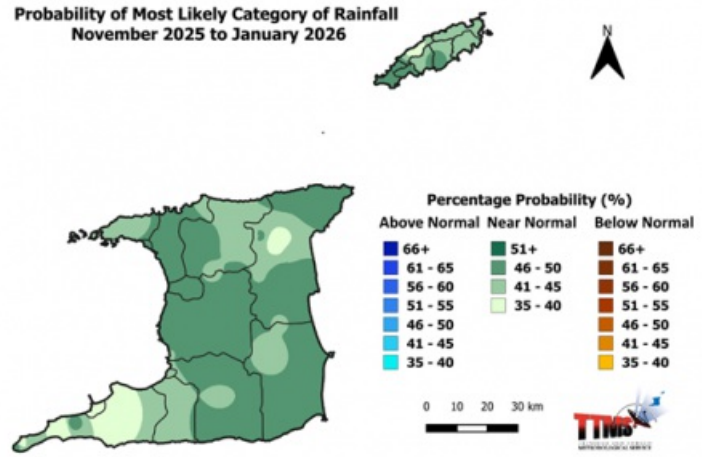

Figure 6: Category of rainfall likely for November to January (NDJ) 2026 with the highest chance of occurrence expressed as probabilities represented on the map. Blue areas indicate places with an increased chance for above normal rainfall, brown areas show an increased chance for below normal rainfall, 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 NDJ seasons during the historical period used to produce the outlook.

- Near normal rainfall totals are expected during the period November to January 2026 over Trinidad and Tobago.

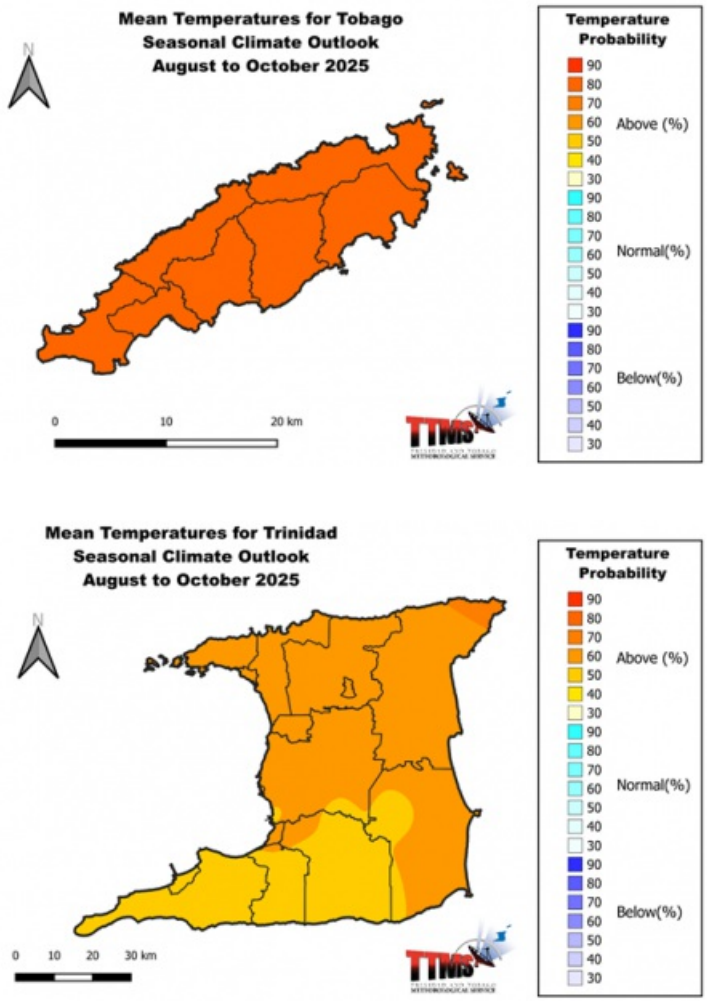

Figure 7: The map shows the colour-coded category (below-normal, above-normal, and near-normal) of mean temperatures that is most likely to occur across Trinidad and Tobago for the August to October (ASO) period 2025. The colour-coded bar-graph with the numbers to the right gives the likelihood for each forecast category to occur.

The Temperature Outlook Favours Above Normal Temperatures for August to October 2025.

- Both daytime and night temperatures are likely to be warmer than average over both islands;
- There is a 70% chance of warmer-than-average days in urban and built-up areas in Trinidad and Tobago;
- A high chance (70%) exists for short-duration hot spells during ASO with maximum temperatures greater than 34.0 ^{o}C in Trinidad and greater than 33.0 ^{o}C in Tobago;

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 especially on extremely hot days;
- Take measures to lessen the potential impacts from the expected increased rainfall and warmer than average temperatures.

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 are slightly above average, but less so than in the previous year of 2024. Most climate models surveyed favour above average conditions to persist throughout the period August to October 2025.
- ENSO-neutral conditions will continue in ASO 2025. ENSO-neutral conditions generally do not positively or negatively influence rainfall over Trinidad and Tobago.
- The North Atlantic Oscillation (NAO) was observed in a weak positive phase throughout July and forecast to continue into August. The overall influence should be a small positive impact on local rainfall.
- Models indicate that the Madden Julian Oscillation (MJO) signal was non-existent over Trinidad and Tobago in July, and is not likely to reside over the region for the next two-week period. This will have a negative influence on rainfall in the first half of August.
- An active Equatorial Rossby wave has positively influenced rainfall potential east of Trinidad. Cloud advection and rainfall is expected over Trinidad during August.
- Regular visitation of the Inter Tropical Convergent Zone (ITCZ) is expected ASO.
- The modulation of the ITCZ by the Rossby wave may result in extreme rainfall events at times.