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

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

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Near Normal Rainfall for September to November: Flooding Potential is Moderate

Key Messages

- Moderate chances exist for near normal rainfall totals during September to November (SON) over Trinidad and Tobago;
- Near normal means that a range of 75% to 125% of the average rainfall amounts is possible;
- Enhanced chances for average number of extremely wet days (> 25.0 mm) during SON;
- All three months have a moderate (65%) chance for near normal rainfall;
- SON period rainfall totals with the highest chance of occurring range between 366-980 mm in Trinidad and between 373-795 mm in Tobago;
- Both day and night temperatures are predicted to be above average for Trinidad and Tobago with moderate (65%) probabilities for short-duration hot spells in September and October.

Likely Impacts

- Mostly average rainfall totals are expected during September to November, 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.
- A high probability exists for high fly and mosquito populations.

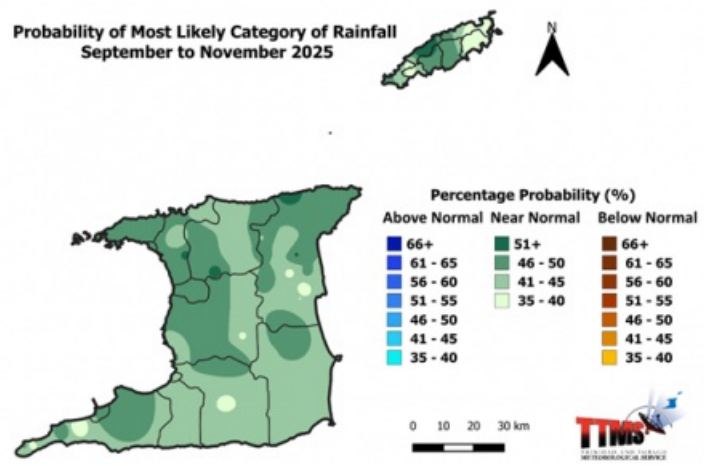

Figure 1: Category of rainfall likely for SON (September to November) 2025 with the highest chance of occurrence expressed as probabilities represented on the map. Blue areas indicate places with an increased chance for above normal rainfall, brown areas show an increased chance for below normal rainfall, 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 SON 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 September to November (SON);
- Chances are moderate (68%) for the usual number of extremely wet days (> 25.0 mm) for SON; i.e. expect between 3 – 8 extremely wet days in Trinidad and 2-6 in Tobago during the period.

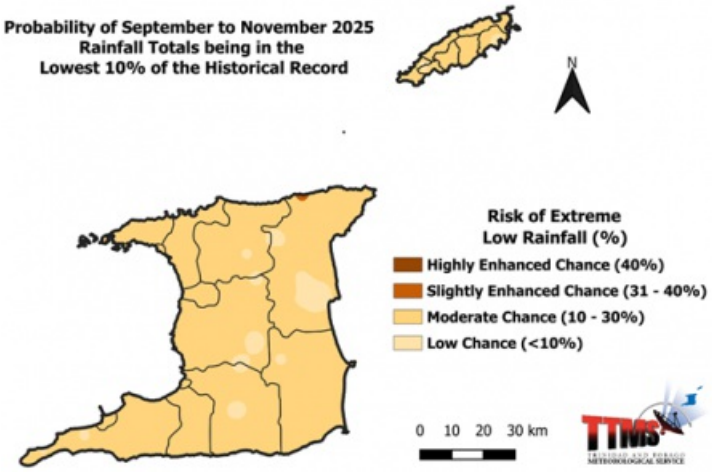

Figure 2: Risk of the September to November (SON) 2025 being extremely drier than normal (within the lowest 10% on record).

- The risk of extremely drier than normal conditions is low to slightly enhanced chance (7-31%) over Trinidad;

- The risk of extremely drier than normal conditions is low to moderate chance (9-24%) over Tobago;

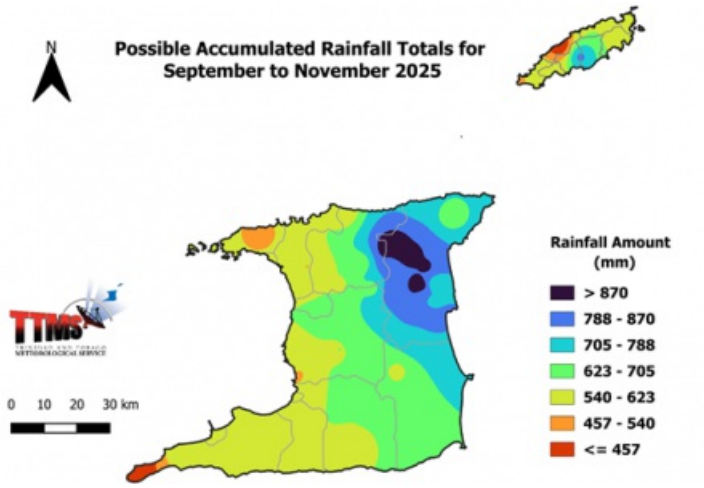

Figure 3: Outlook of possible rainfall accumulated totals for September to November, with the highest chance of occurring.

- Largest rainfall accumulated totals for September to November (SON) are likely to be as high as 980 mm in areas such as North Oropouche, Valencia, Sangre Grande and Plum Mitan in Northeast and east Trinidad; and near 795 mm in Goodwood, Mt. Saint George and environs.

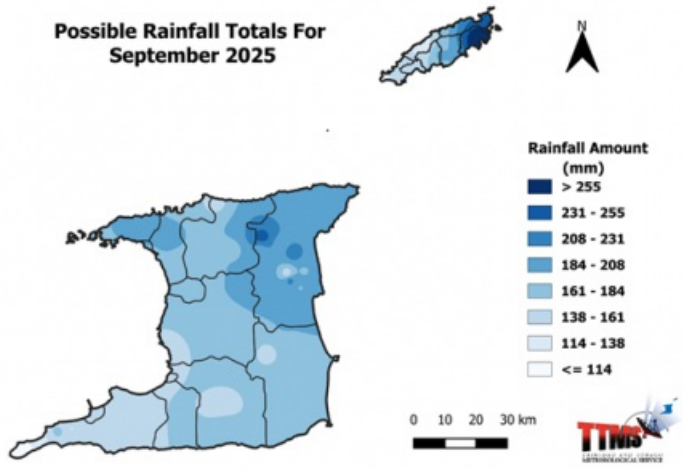

Figure 4: Possible rainfall totals for September 2025.

- September rainfall with the highest chance of occurring ranges from about 86-244 mm in Trinidad and 114-278 mm in Tobago.

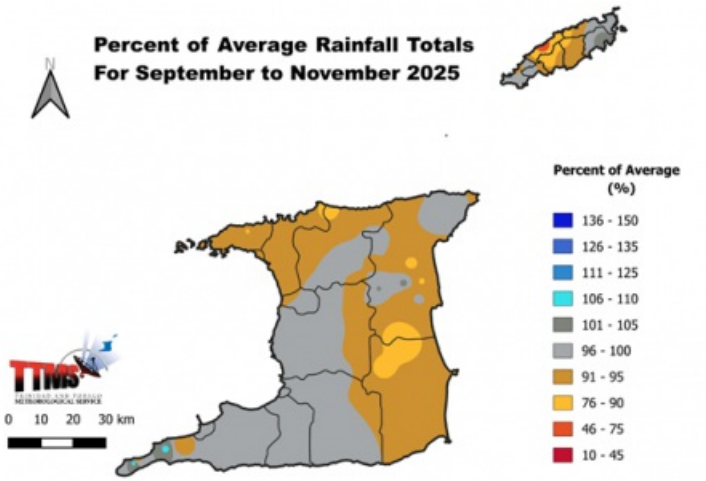

Figure 5: Percentage of Average Rainfall Totals for September to November 2025

- September to November (SON) rainfall totals are likely to be near normal over most of Trinidad and Tobago;

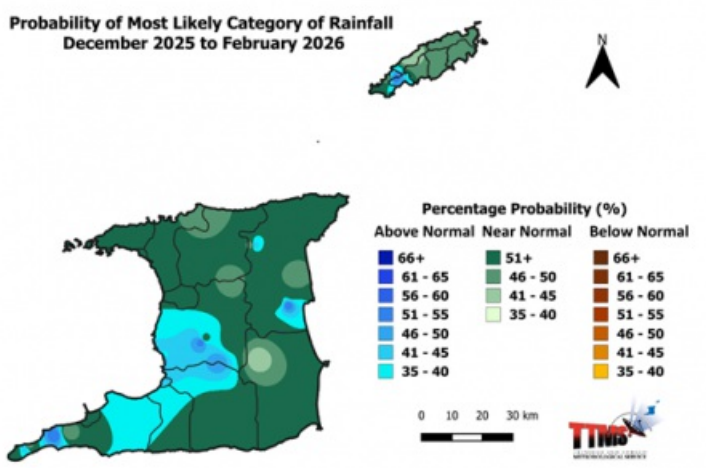

Figure 6: Category of rainfall likely for December to /February (DJF) 2026 with the highest chance of occurrence expressed as probabilities represented on the map. Blue areas indicate places with an increased chance for above normal rainfall, brown areas show an increased chance for below normal rainfall, while green areas show an increased chance for near normal rainfall. Normal is defined by the rainfall that was observed in the middle one-third of the DJF seasons during the historical period used to produce the outlook.

- A moderate probability (56%) exists for near normal to above normal rainfall totals to be expected during the period December to February 2026 over Trinidad and Tobago.

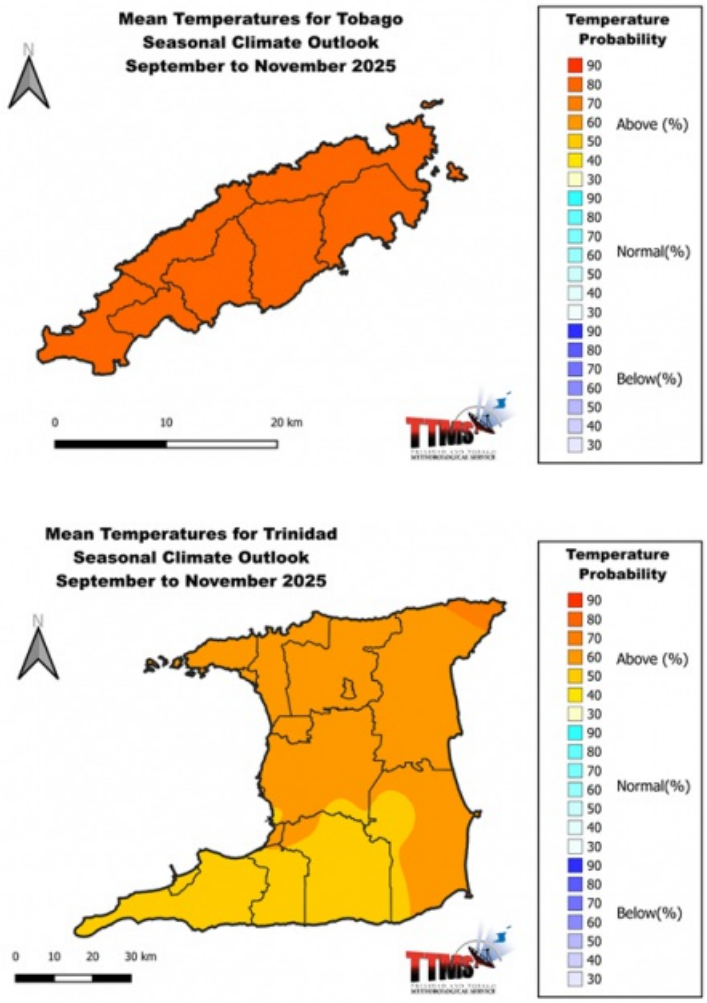

Figure 7: The map shows the colour-coded category (below-normal, above-normal, and near-normal) of mean temperatures that is most likely to occur across Trinidad and Tobago for the September to November (SON) period 2025. The colour-coded bar-graph with the numbers to the right gives the likelihood for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

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

- Both daytime and night temperatures are likely to be warmer than average over both islands;
- There is a 66% chance of warmer than average days in urban and built-up areas in Trinidad and Tobago;
- A medium chance (68%) exists for short-duration hot spells during SON 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. Most climate models surveyed favour above-average sea surface temperatures to persist throughout the period September to November 2025.

- Climate models have indicated with a moderate probability (56%) that ENSO-neutral conditions will persist during August to October, followed by a moderate probability (52%) for a weak, brief La Niña to occur in November to January 2026.

- The North Atlantic Oscillation (NAO) was observed in a weak negative phase throughout August and forecast to continue into September. 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 August, 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 September.

- Regular visitation of the Intertropical Convergent Zone (ITCZ) is expected in October and November.

- There is a moderate probability (65%) for a positive influence of the brief La Niña on the ITCZ, which may result in extreme rainfall events at times, especially in November and December.