

Rainfall and Temperature Outlook for Trinidad and Tobago, August to October 2026

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

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Please Conserve Water!

Near Normal to Below Normal Rainfall for August to October: Flooding Potential is moderate

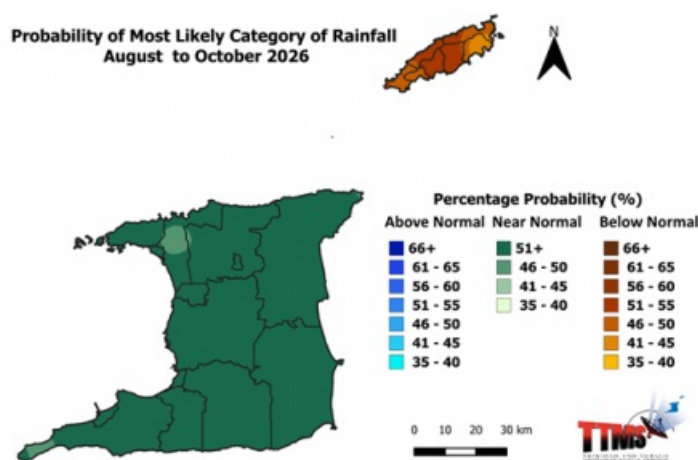


Figure 1: Category of rainfall likely for August to October (ASO) 2026 with the highest chance of occurrence expressed as probabilities represented on the map. Brown areas show an increased chance for below normal rainfall, while green areas show an increased chance for near normal rainfall. Normal is 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.

- During August to October mostly near normal rainfall totals are expected over Trinidad and below normal rainfall totals are expected in Tobago.

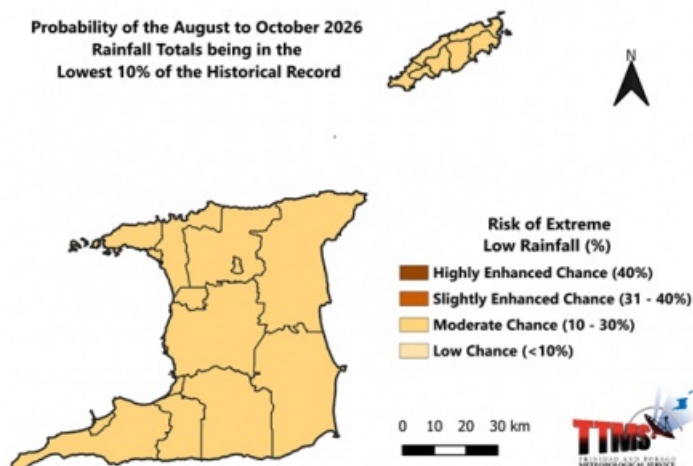


Figure 2: Risk of August to October (ASO) 2026 being extremely drier than normal (within the lowest 10% on record).

- The probability for ASO rainfall totals to be in the lowest 10% of climatic normal is moderate (13%-26%) in Trinidad and Tobago;

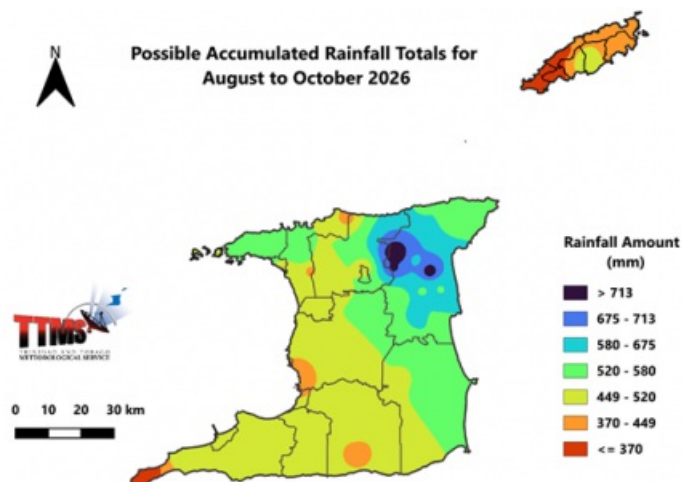


Figure 3: Outlook of possible rainfall accumulated totals for August to October, with the highest chance of occurring.

- Largest rainfall accumulated totals for August to October (ASO) are likely to be as high as 836 mm in areas such as Hollis, North Oropouche, Valencia and Sangre Grande in Northeast and east Trinidad; and near 550 mm in central and northeast Tobago in areas such as Hillsborough, Mt. Saint George and Goodwood.

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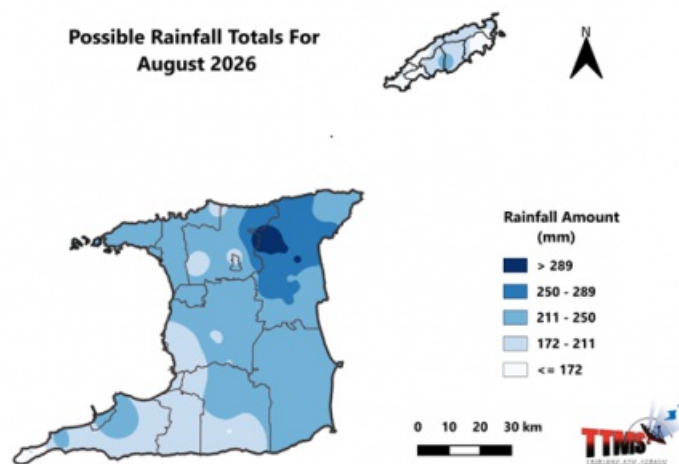


Figure 4: Possible rainfall totals for August 2026.

- August rainfall with highest chance of occurring ranges from about 128-341 mm in Trinidad and 149-220 mm in Tobago.

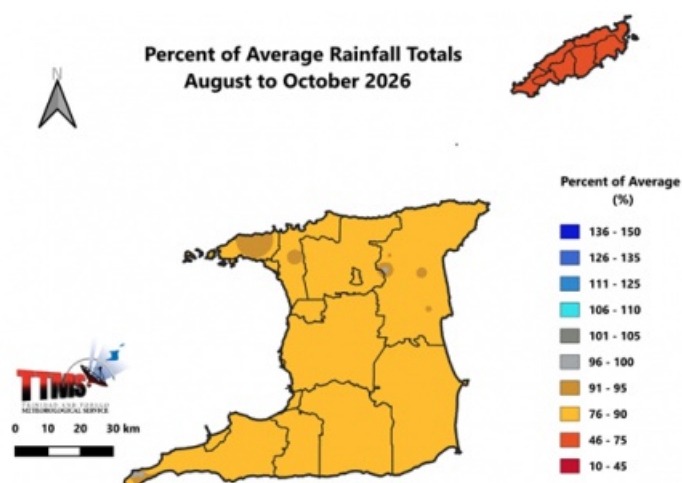


Figure 5: Percentage of Average Rainfall Totals for August to October 2026

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

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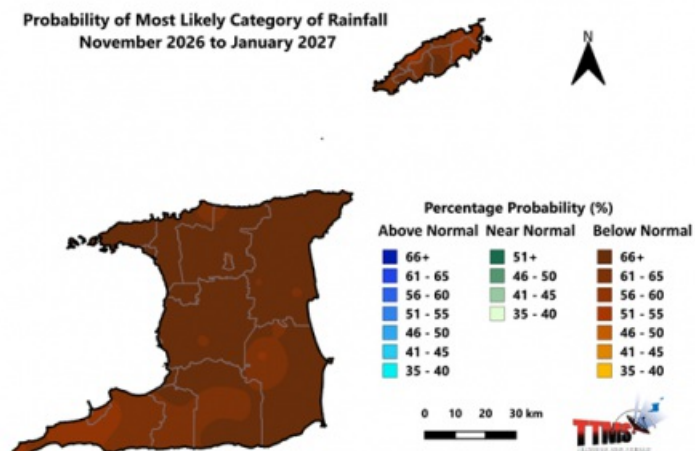
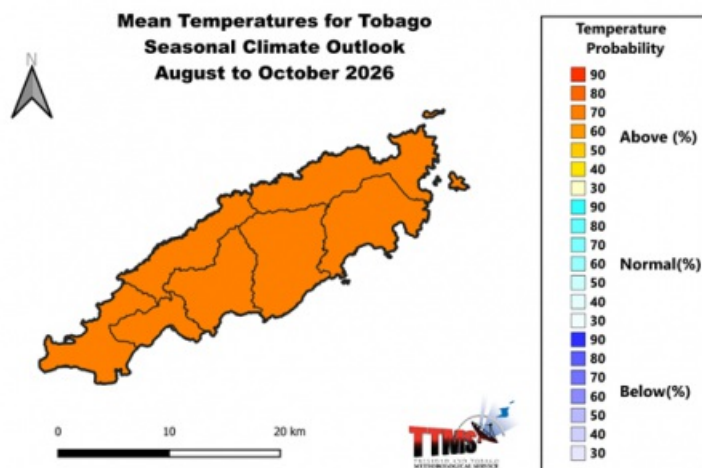


Figure 6: Category of rainfall likely for November to January (NDJ) 2026 with the highest chance of occurrence expressed as probabilities represented on the map. Green areas show an increased chance for near normal rainfall. Brown areas show an increased chance for below normal rainfall, while green 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.

- A moderate probability (68%) exists for below normal rainfall totals during the period October to December 2026 across Trinidad and Tobago.

The Temperature Outlook Favours Above Normal Temperatures for August to October 2026.



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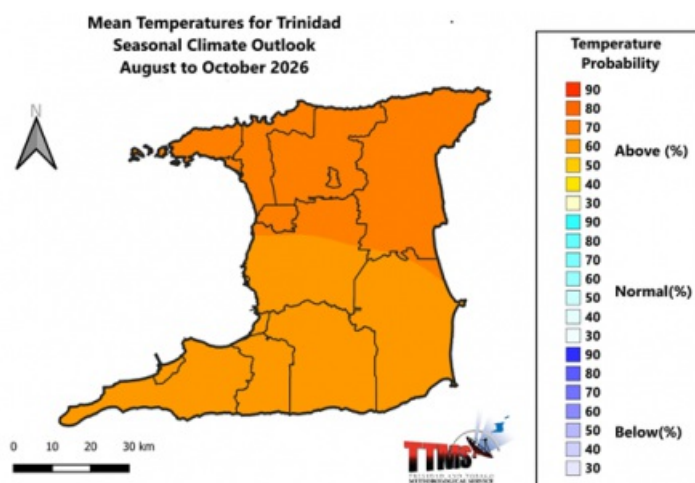


Figure 7: The map shows the colour-coded category (below-normal, above-normal, and near-normal) of mean temperatures that is most likely to occur across Trinidad and Tobago for the August to October (ASO) period 2026. The colour-coded bar-graph with the numbers to the right gives the likelihood for each forecast category to occur.

- Both daytime and night temperatures are likely to be warmer than average over both islands;
- There is a high (75%) chance of warmer than average days in urban and built up areas in Trinidad and Tobago;
- A moderate chance (68%) exist for hot spells during ASO with maximum temperatures greater than 34.0 °C in Trinidad and greater than 33.0°C in Tobago;
- High (75%) probabilities for sixteen 3-day hot spells and three 5-day hot spells in August to October.

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.
- Put in place mitigation actions against forecasted warm to hot conditions during the heat season.

Disaster Risk Management Sector:

- Sensitize communities on the forecast and its negative impacts;
- Revisit early warning information dissemination channels;

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.

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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 and houses;

General Public

- Proper preparation especially for persons in at risk areas;
- Clean drains and surrounding areas of debris and dry vegetation;
- Conserve, store and manage water in a safe and adequate manner;
- Be vigilant of bush, forest and landfill fires;

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 average to above average sea surface temperatures to persist throughout the period August to October 2026.
- Climate models have indicated with a high probability (90%) that El Nino conditions will continue to strengthen throughout the rest of 2026. There is a high (97%) probability it will persist into February to May 2027.
- The North Atlantic Oscillation (NAO) was observed in a weak negative phase throughout July and forecast to continue into August. The overall influence should be a small negative impact on local rainfall.
- The Madden Julian Oscillation (MJO) is not expected to visit the eastern Caribbean in the first three-weeks period of August 2026. This will have a negative influence on rainfall in the first half of August