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

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

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Heat season continues until the end of October 2026:

Below Normal Rainfall for October to December: Flooding Potential is Low to moderate, Please conserve water!

Key Messages

- Moderate chances exist for below normal rainfall totals during October to December (OND) over Trinidad and Tobago;
- Near normal means that a range of 75% to 125% of the average rainfall amounts are possible;
- Below normal means that less than 75% of the average rainfall amounts are possible;
- Moderate (68%) chances exist for below normal number of wet days (greater or equal to 1.0 mm) during October to December;
- October to December rainfall totals with highest chance of occurring range between 207-571 mm in Trinidad and between 70-442 mm in Tobago;
- Climatologically, September and October are two warm to hot months of the heat season.
- The heat season generally finishes at the end of October but warm temperatures may continue in the first week of November.
- Both day and night temperatures are predicted to be above average for Trinidad and Tobago with high (75%) probabilities for ten 3-day hot spells and two 5-day hot spells during October;
- The probability for OND rainfall totals to be in the lowest 10% of climatic normal is low to moderate (18%-52%) in Trinidad and moderate (32%-47%) in Tobago;

Likely Impacts

- Although the wet/rainy season conditions usually result in an increase in surface and ground water recharge rates and stream flows,

the reduced rainfall amounts expected in Trinidad and Tobago can negatively impact surface water availability;

- Drier than normal conditions in Trinidad and Tobago will lead to an increase in the need to collect and store water in tanks and containers. This can increase breeding areas for mosquitoes if not secured tightly;
- The reduced rainy days will decrease the chances of bush, forest and landfill fires, especially during October to December.
- Low to moderate potential for flooding to occur in Trinidad and however low flooding potential exist in Tobago.

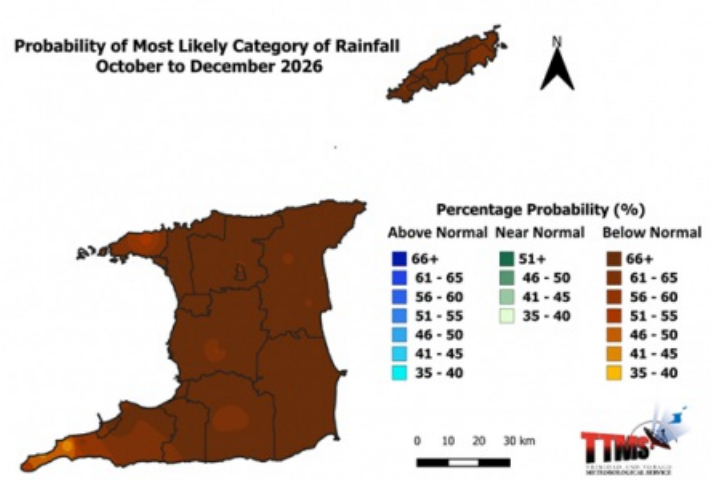


Figure 1: Category of rainfall likely for October to December (OND) 2026 with the highest chance of occurrence expressed as probabilities represented on the map. Brown areas show an increased chance for below normal rainfall. Normal is defined by the rainfall that was observed in middle one-third of the OND period rainfall totals during the historical period used to produce the outlook.

- During October to December there is a moderate (66%) probability for below normal rainfall totals over Trinidad and Tobago.

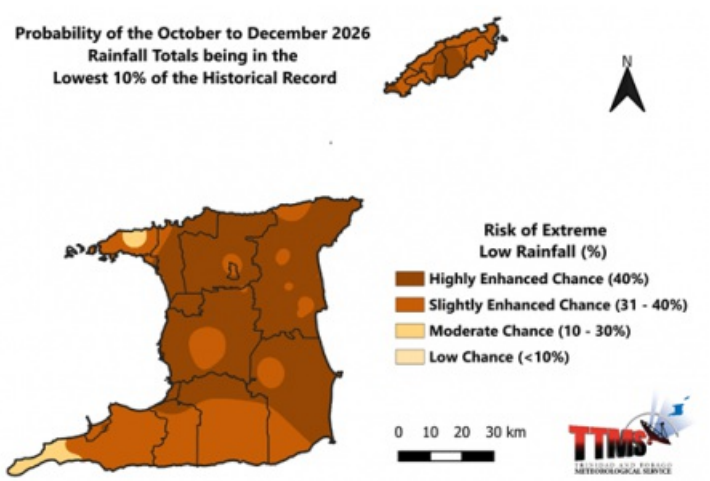


Figure 2: Risk of October to December (OND) 2026 being extremely drier than normal (within the lowest 10% on record).

- The probability for OND rainfall totals to be in the lowest 10% of climatic normal is low to moderate (18%-52%) in Trinidad and moderate (32%-47%) in Tobago.

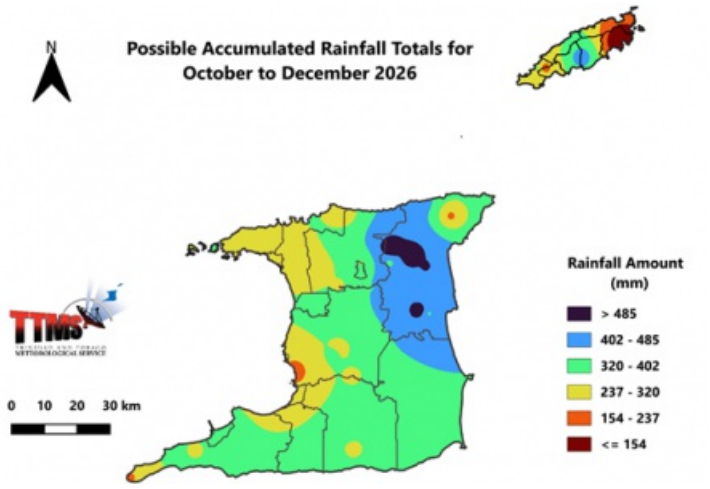


Figure 3: Outlook of possible rainfall accumulated totals for October to December, with the highest chance of occurring.

- Largest rainfall accumulated totals for October to December (OND) are likely to be as high as 571 mm in areas such as Hollis, North Oropouche, Valencia and Sangre Grande in northeast and east Trinidad; and near 442 mm in central and northeast Tobago in areas such as Hillsborough, Mt. Saint George and Goodwood.

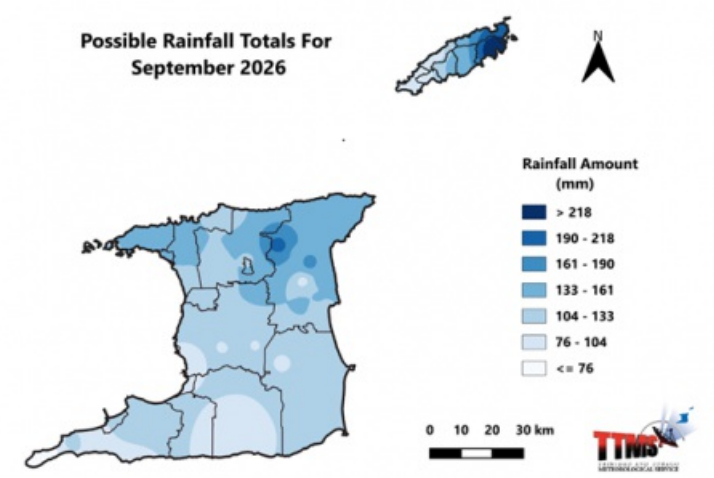


Figure 4: Possible rainfall totals for September 2026.

- September rainfall with highest chance of occurring ranges from about 45-216 mm in Trinidad and 89-246 mm in Tobago.

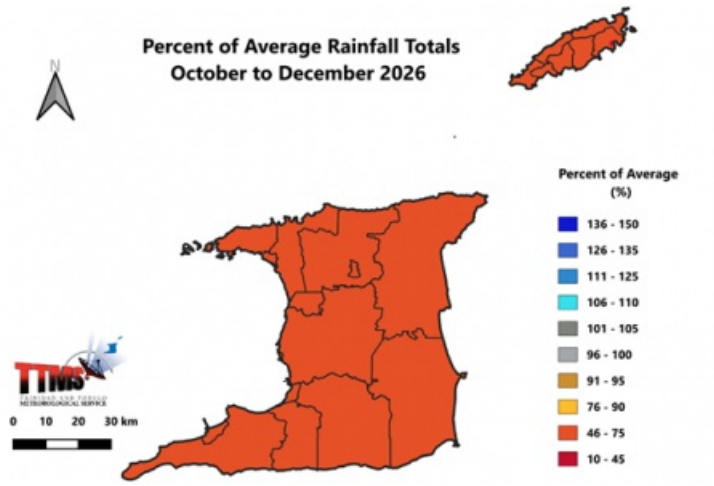


Figure 5: Percentage of Average Rainfall Totals for October to December 2026

- October to December (OND) rainfall totals are likely to be below normal over most of Trinidad and Tobago

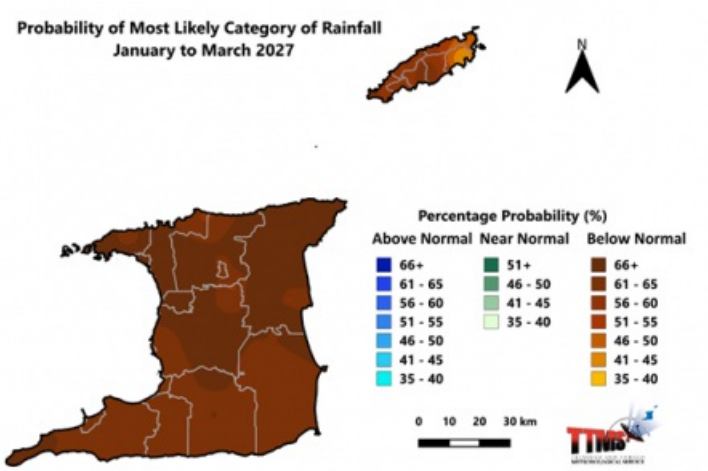
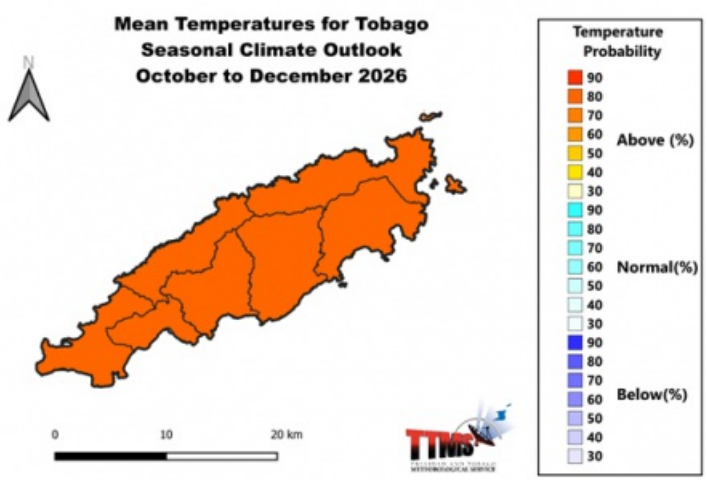


Figure 6: Category of rainfall likely for January to March (JFM) 2027 with the highest chance of occurrence expressed as probabilities represented on the map. Brown areas show an increased chance for below normal rainfall. Normal is defined by the rainfall that was observed in middle one-third of the JFM seasons during the historical period used to produce the outlook.

- A moderate probability (64%) exists for below normal rainfall totals during the period January to March 2027 across Trinidad and Tobago.

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



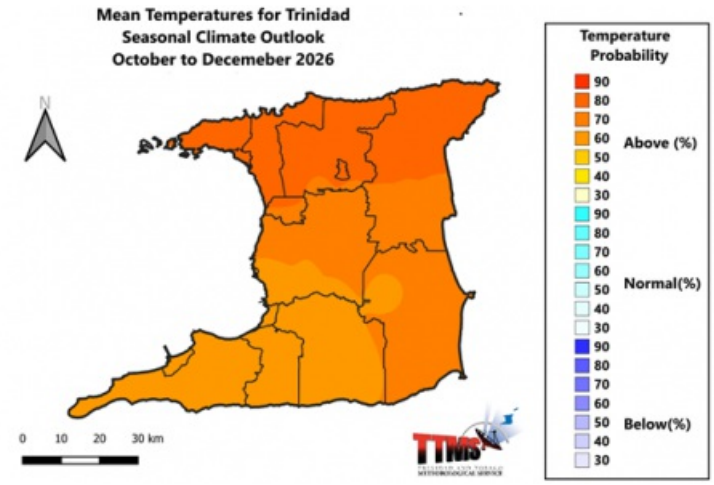


Figure 7: The map shows the colour-coded category (below-normal, above-normal, and near-normal) of mean temperatures that is most likely to occur across Trinidad and Tobago for the October to December (OND) period 2026. The colour-coded bar-graph with the numbers to the right gives the likelihood for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

- Climatologically, September and October are two warm to hot months of the heat season.
- The heat season generally finishes at the end of October but warm temperatures may continue in the first week of November.
- Both daytime and night temperatures are likely to be warmer than average over both islands.
- There is a high (80%) chance of warmer than average days in urban and built up areas in Trinidad and Tobago where temperatures can exceed 34.0 ^{o}C.
- A moderate chance (68%) exist for hot spells during September to October with maximum temperatures greater than 34.0 ^{o}C in Trinidad and greater than 33.0^{o}C in Tobago;
- High (75%) probabilities for ten 3-day hot spells and two 5-day hot spells during September 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.

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 September to December 2026.

- Climate models have indicated with a high probability (90%) that El Niño 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 positive phase throughout August and forecast to continue into September. The overall influence should be a small positive impact on local rainfall and surface wind speeds.

- The Madden Julian Oscillation (MJO) is not expected to visit the eastern Caribbean in the second week period of September 2026. This will have a small negative influence on rainfall in the first half of September 2026.

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