
Rainfall and Temperature Outlook for Trinidad and Tobago, November 2026 to January 2027

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

Issued: Oct 13, 2026

[Heat season continues until the end of October 2026:](#)

[Generally Below Normal Rainfall for November to January: Flooding Potential is Low to moderate, Please conserve water!](#)

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Key Messages:

- Moderate chances exist for generally below normal rainfall totals during November to January (NDJ) over Trinidad and Tobago with some pockets of near normal rainfall in central and south western Trinidad;
- 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 (66%) chances exist for below normal number of wet days (greater or equal to 1.0 mm) during November to January 2026/7;
- November to January rainfall totals with highest chance of occurring range between 176-613 mm in Trinidad and between 150-479 mm in Tobago;
- The heat season generally finishes at the end of October but warm temperatures may continue in November 2026;
- Both day and night temperatures are predicted to be above average for Trinidad and Tobago with moderate (68%) probabilities for four 3-day hot spells and one 5-day hot spell during October 2026;
- The probability for NDJ rainfall totals to be in the lowest 10% of climatic normal is moderate to highly enhanced (29%-50%) in Trinidad and moderate to highly enhanced (29%-46%) in Tobago;

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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;

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- 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 increase the chances of bush, forest and landfill fires, especially during February to April 2027.
- Low to moderate potential for flooding to occur in Trinidad and however low flooding potential exist in Tobago.

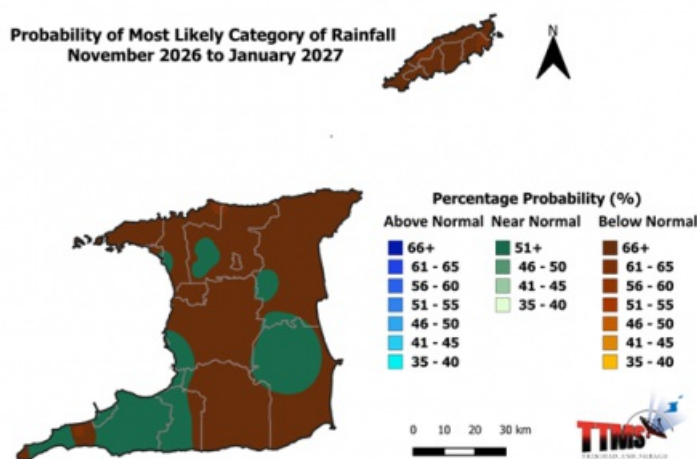


Figure 1: Category of rainfall likely for November to January (NDJ) 2026/7 with the highest chance of occurrence expressed as probabilities represented on the map. Brown areas show an increased chance for below normal rainfall. Green areas show an increased chance for near normal rainfall. Normal is defined by the rainfall that was observed in middle one-third of the NDJ period rainfall totals during the historical period used to produce the outlook.

- During November to January there is a moderate (66%) probability for below normal rainfall totals over Tobago and most parts of Trinidad. However, there are pockets for near normal rainfall totals in central and south western Trinidad.

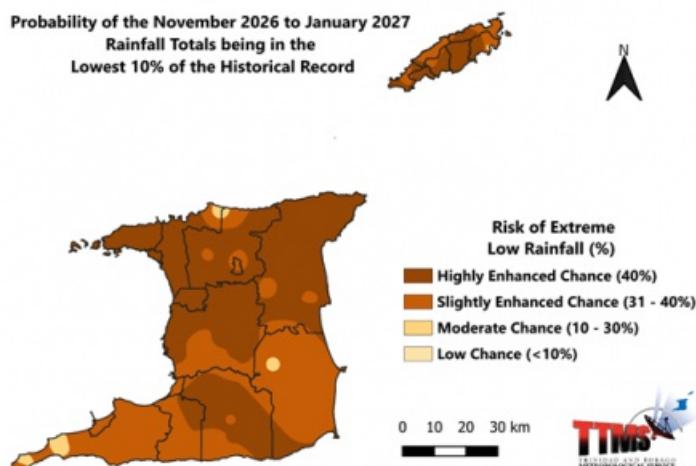


Figure 2: Risk of November to January (NDJ) 2026/7 being extremely drier than normal (within the lowest 10% on record).

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- The probability for NDJ rainfall totals to be in the lowest 10% of climatic normal is moderate to highly enhanced (29%-50%) in Trinidad and moderate to highly enhanced (29%-46%) in Tobago;

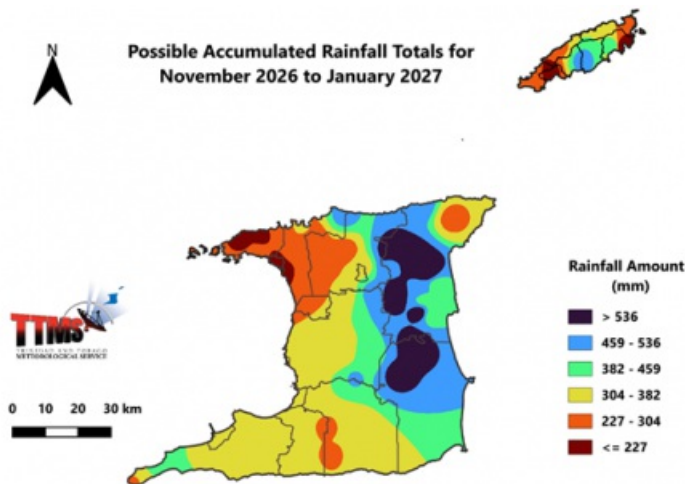


Figure 3: Outlook of possible rainfall accumulated totals for November to January 2026/7, with the highest chance of occurring.

- Largest rainfall accumulated totals for November to January (NDJ) are likely to be as high as 613 mm in areas such as Hollis, North Oropouche, Valencia and Sangre Grande in northeast and east Trinidad; and near 479 mm in central and northeast Tobago in areas such as Hillsborough, Mt. Saint George and Goodwood.

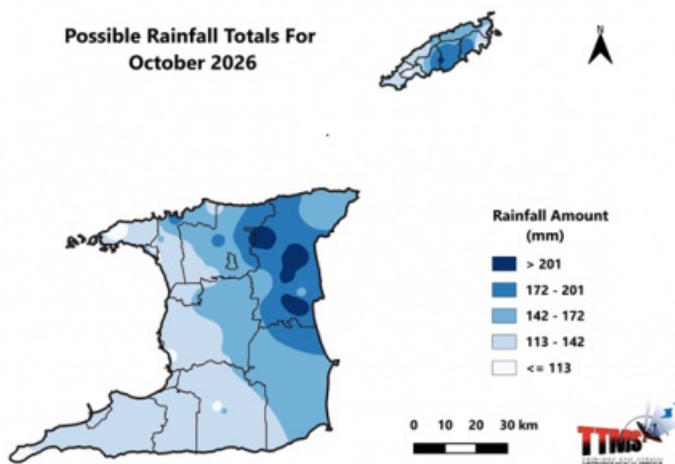


Figure 4: Possible rainfall totals for October 2026.

- October rainfall with highest chance of occurring ranges from about 83-232 mm in Trinidad and 94-201 mm in Tobago.

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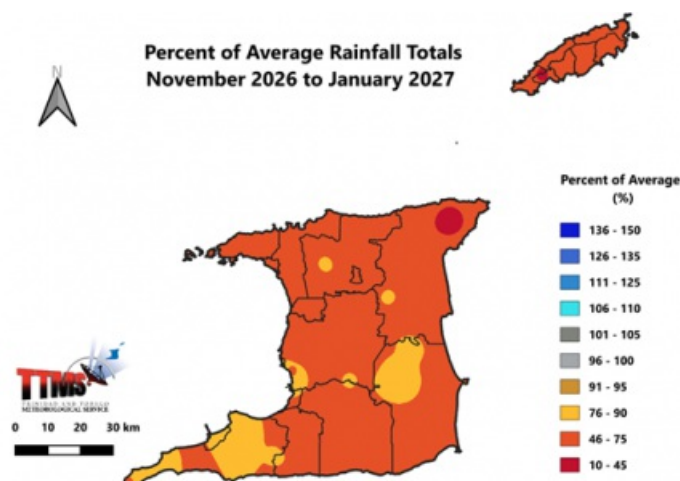


Figure 5: Percentage of Average Rainfall Totals for November to January 2026/7.

- November to January (NDJ) rainfall totals are likely to be generally below normal over most of Trinidad and Tobago with pockets of near normal rainfall in central and south western Trinidad.

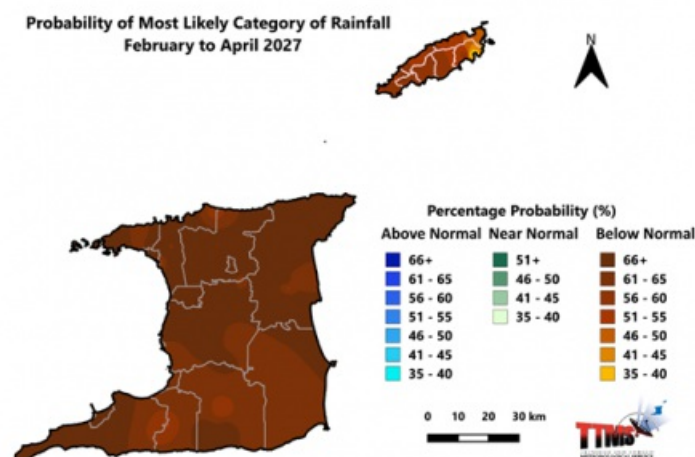


Figure 6: Category of rainfall likely for February to April (FMA) 2027 with the highest chance of occurrence expressed as probabilities represented on the map. Brown areas show an increased chance for below normal rainfall. Normal is defined by the rainfall that was observed in middle one-third of the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

- A moderate probability (65%) exists for below-normal rainfall totals during the period February to April 2027 across Trinidad and Tobago.

The Temperature Outlook Favours Above Normal Temperatures for November to January 2026/7.

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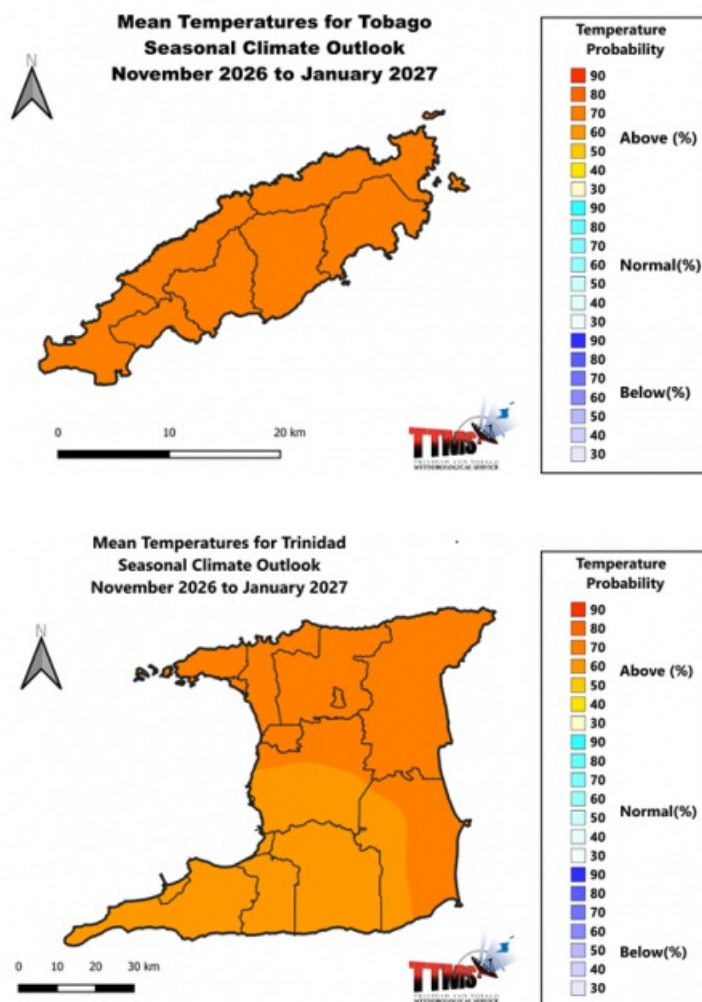


Figure 7: The map shows the colour-coded category (below-normal and near-normal) of mean temperatures that is most likely to occur across Trinidad and Tobago for the November to January (NDJ) period 2026/7. The colour-coded bar-graph with the numbers to the right gives the likelihood for each forecast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

- Climatologically, October is the last warm to hot month of the heat season.
- The heat season generally finishes at the end of October but warm temperatures may continue in November 2026;
- For the rest of October there is moderate (65%) chance of warmer than average days in urban and built up areas where temperatures can reach or exceed 34.0 °C in Trinidad and reach or exceed 33.0 °C in Tobago.
- Both day and night temperatures are predicted to be above average for Trinidad and Tobago with moderate (68%) probabilities for four 3-day hot spells and one 5-day hot spells during October 2026;

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.

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- 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 October to January 2026/7.
- Climate models have indicated with a high probability (90%) that strong El Nino conditions will continue throughout the rest of 2026. There is a high (83%) probability it will persist into February and March 2027.
- The North Atlantic Oscillation (NAO) was observed in a weak positive phase throughout September. It is forecast to continue in a weak positive phase changing into weak negative phase in latter part of October. The overall influence should be a small positive impact on local rainfall.
- Generally, average to above average wind speeds are expected in October and November to January 2026/7. The moderate breeze at times is expected to assist with heat removal and resulting cooling.
- The Madden Julian Oscillation (MJO) is not expected to visit the Trinidad and Tobago during the rest of October and first week of November 2026, and so not expected to influence rainfall in October and first week of November 2026.