

Country: **Cook Islands**

Part 1: Recent climate

TABLE 1: Monthly Rainfall

Station (include data period)	May-2026	Jun-2026	Jul-2026				
			Total (mm)	33%tile	67%tile	Median	Rank
	Total (mm)	Total (mm)	Rainfall (mm)				
Penrhyn (1937-2026)	32.4	95.6	260.6	76.6	132.6	107.2	80/90
Rarotonga (1899-2026)	215.9	168.2	62.4	58.0	110.0	88.5	48/128

TABLE 2: Three-month Total Rainfall for May to July 2026

Station	Three-month Total		33%tile	67%tile	Median	Rank
	Rainfall (mm)					
Penrhyn (1937-2026)	388.6	Normal	287.4	470.8	349.8	52/87
Rarotonga (1899-2026)	446.5	Above normal	303.0	387.0	339.2	98/128

Part 1i. Monthly and Seasonal Outlooks for September and September to November 2026

Monthly: September 2026 Rainfall (Image 1)	Seasonal: September to November 2026 Rainfall (Image 2)
Tercile rainfall probabilities for September 2026 Base period: 1981-2018 Model: ACCESS-S2 Model run: 03/08/2026 Issued: 05/08/2026 Below normal (%) Near normal (%) Above normal (%) — — EEZ border V11 (Flanders Marine Institute, 2019)	Tercile rainfall probabilities for September to November 2026 Base period: 1981-2018 Model: ACCESS-S2 Model run: 03/08/2026 Issued: 05/08/2026 Below normal (%) Near normal (%) Above normal (%) — — EEZ border V11 (Flanders Marine Institute, 2019)
Monthly Maximum temperature (Image 3):	Seasonal maximum temperature (Image 4):
Tercile maximum temperature probabilities for September 2026 Base period: 1981-2018 Model: ACCESS-S2 Model run: 03/08/2026 Issued: 05/08/2026 Below normal (%) Near normal (%) Above normal (%) — — EEZ border V11 (Flanders Marine Institute, 2019)	Tercile maximum temperature probabilities for September to November 2026 Base period: 1981-2018 Model: ACCESS-S2 Model run: 03/08/2026 Issued: 05/08/2026 Below normal (%) Near normal (%) Above normal (%) — — EEZ border V11 (Flanders Marine Institute, 2019)
Monthly minimum temperature (Image 5):	Seasonal minimum temperature (Image 6):
Tercile minimum temperature probabilities for September 2026 Base period: 1981-2018 Model: ACCESS-S2 Model run: 03/08/2026 Issued: 05/08/2026 Below normal (%) Near normal (%) Above normal (%) — — EEZ border V11 (Flanders Marine Institute, 2019)	Tercile minimum temperature probabilities for September to November 2026 Base period: 1981-2018 Model: ACCESS-S2 Model run: 03/08/2026 Issued: 05/08/2026 Below normal (%) Near normal (%) Above normal (%) — — EEZ border V11 (Flanders Marine Institute, 2019)

Part 2: Recent Ocean Observation

Monthly/Three months: July and May to July 2026

Monthly: July 2026	Last three months: May to July 2026
Sea Surface Temperature Anomaly (Image 1):	Sea Surface Temperature Anomaly (Image 4):
Cook Islands Monthly Sea Surface Temperature Anomalies: July 2026	Cook Islands Seasonal Sea Surface Temperature Anomalies : May 2026 - Jul 2026
Sea level anomaly (Image 2):	
Cook Islands Monthly Sea Level Anomaly: July 2026	
National daily coral bleaching alert (Image 3):	Pacific daily coral bleaching alert (Image 5):
Cook Islands Coral Bleaching Alert: 2 August 2026	

Part 2i. Monthly and Seasonal Outlooks for September and September to November 2026

Monthly: September 2026	Seasonal: September to November 2026
Monthly sea surface temperature anomaly (Image 5): Difference from average sea surface temperature forecast for September 2026 Base period: 1981-2018 Model: ACCESS-S2 Model run: 03/08/2026 Issued: 05/08/2026 © Commonwealth of Australia 2026, Bureau of Meteorology, supported by COSPPac -- -- EEZ border V11 (Flanders Marine Institute, 2019).	Seasonal sea surface temperature anomaly (Image 6): Difference from average sea surface temperature forecast for September to November 2026 Base period: 1981-2018 Model: ACCESS-S2 Model run: 03/08/2026 Issued: 05/08/2026 © Commonwealth of Australia 2026, Bureau of Meteorology, supported by COSPPac -- -- EEZ border V11 (Flanders Marine Institute, 2019).
Monthly sea level anomaly (Image 7): Difference from average sea surface height forecast for September 2026 Base period: 1981-2018 Model: ACCESS-S2 Model run: 03/08/2026 Issued: 05/08/2026 © Commonwealth of Australia 2026, Bureau of Meteorology, supported by COSPPac -- -- EEZ border V11 (Flanders Marine Institute, 2019).	Seasonal sea level anomaly (Image 8): Difference from average sea surface height forecast for September to November 2026 Base period: 1981-2018 Model: ACCESS-S2 Model run: 03/08/2026 Issued: 05/08/2026 © Commonwealth of Australia 2026, Bureau of Meteorology, supported by COSPPac -- -- EEZ border V11 (Flanders Marine Institute, 2019).
National 4-week Coral Bleaching Outlook (Image 9): Cook Islands 16 Week Coral Bleaching Outlook: 16 November 2026 © Pacific Community (SPC) 2025 NOAA	Pacific 4-week Coral Bleaching Outlook (Image 10):

Summary Statement

Monthly and last three months: July/May to July 2026 statement

Rainfall for July 2026 was above normal at Penrhyn and near normal at Rarotonga. For May to July 2026, rainfall was near-normal at Penrhyn and above normal at Rarotonga, with July rainfall at Penrhyn ranked 80th out of 90 years.

Part 1i. Monthly and Seasonal Outlooks for September and September to November 2026

Monthly/Seasonal rainfall and temperature Outlook statements

The rainfall for September 2026 is likely to be above normal over the Northern Cook Islands and below normal over the Southern Cook Islands.

Rainfall for September to November 2026 is likely to be above normal over the Northern Cook Islands and below normal over the Southern Cook Islands.

Maximum and minimum temperatures during September 2026 are likely to be above normal over the Northern Cook Islands and below normal over the Southern Cook Islands.

Maximum and minimum temperatures averaged over September to November 2026 are likely to be above normal over the Northern Cook Islands and below normal over the Southern Cook Islands.

Part 2: Recent Ocean summary statement

Monthly and last three months: July/May to July 2026

July 2026 sea surface temperatures around the Cook Islands were generally near-normal to above normal, with anomalies of about -4 to +1.2°C, with warmer conditions mainly over the Northern Cook Islands.

Averaged over May to July 2026, sea surface temperatures around the Cook Islands were generally near-normal to above normal, with anomalies of about -4 to +0.8°C, particularly across the Northern Cook Islands.

July 2026 sea levels around the Cook Islands were generally above normal, with anomalies mostly around +30 to +100 mm.

No coral bleaching stress was indicated across the Cook Islands as of 2 August 2026.

Part 2i. Monthly and Seasonal Outlooks for September and September to November 2026

Ocean Variable statement

September 2026 sea surface temperatures around the Cook Islands are predicted to be near-normal to above normal, with anomalies of about 0 to +2.0°C, with warmer conditions in the Northern Cook Islands.

Averaged over September to November 2026, sea surface temperatures around the Cook Islands are predicted to be near-normal to above normal, with anomalies of about 0 to +1.5°C, with warmer conditions in the north.

September 2026 sea levels around the Cook Islands are predicted to be below normal, generally by about 30 to 100 mm.

Averaged over September to November 2026, sea levels around the Cook Islands are predicted to be below normal, generally by about 30 to 100 mm.

The coral bleaching outlook indicates Alert Level 1 and Alert Level 2 conditions for parts of the Northern Cook Islands over the outlook period.

In brief for Teleconference

- Rainfall was near normal at Rarotonga and above normal at Penrhyn in July 2026, while May to July rainfall was above normal at Rarotonga and near-normal at Penrhyn.
- The rainfall outlook indicates above-normal rainfall in the Northern Cook Islands and below-normal rainfall in the Southern Cook Islands for September and September to November 2026.
- SSTs were generally near-normal to above normal during July and May to July 2026, with the outlook indicating warmer-than-normal SSTs mainly in the Northern Cook Islands for September and September to November.
- Sea levels were above normal in July 2026, while below-normal sea levels are predicted across much of the Cook Islands for September and September to November 2026.

TABLE 3: Stakeholder Engagement- Evaluations of how effective NMS engage with stakeholders (July 2026)

<i>Product</i>	<i>Stakeholder</i>	<i>Total Number of Participants</i>	<i>Number of Male</i>	<i>Number of Female</i>	<i>Disability</i>	<i>Age group</i>	<i>Comments (If there are comments from you Stakeholders)</i>
Climate Bulletin	NA	NA	NA	NA	NA	NA	
EAR Watch	NGO(Te Ipukarea Society, Red Cross, Au I Ti Vaine) Emergency Management Cook Islands, Climate Change Cook Islands, Agriculture, To Tatou Vai (Water Sector), Infrastructure Cook Islands (Infrastrure & Water Outer Islands), Pa Enea Executive Officers (Outer islands) Ministry of Foreign Affairs, Ministry of Health, Ministry of Marine Resources,	67	44	23	NA	30-60	

	Tourism Cook Islands,						
Monthly Climate Briefing	Emergency Management Cook Islands, To Tatou Vai (Water Sector), Ministry of Health, Infrastructure Cook Islands, Red Cross, Tourism Cook Islands, Agriculture, Ministry Of Finance,	20	11	9	NA	30-60	Drought Council Meeting
Ocean Outlook	NGO(Te Ipukarea Society, Red Cross, Korero o te Orau) Emergency Management Cook Islands, Climate Change Cook Islands, To Tatou Vai (Water Sector), Infrastructure Cook Islands (Infrastrure & Water Outer Islands), Pa Enea Executive Officers (Outer islands) Ministry of Health, Ministry of Marine Resources, Tourism Cook Islands,	45	32	13	NA	30-60	
Climate data request	Ministry of Marine Resources				NA		SST summary & daily timeseries (Pukapuka & Nassau) & Monthly

							rainfall (Nikao & Titikaveka)
Outreach programs	Stakeholder meeting for Climate Sector & Communication plan (Janita), Cook Islands Womens NDC workshop,	27	7	20	NA		
Total		159	94	65	NA	159	

Stakeholder category	Do your products reach this group? (Y/N)	Tailored product? (Y/N)
Agriculture sector		
Disaster Risk Reduction sector		
Energy sector		
Health sector		
Water sector		
Fisheries and Aquaculture sector		
Tourism sector		
Maritime sector		
Research & education sector		
Women's [] organisations		
National disability organisations		
Community based organisations (e.g. councils)		
Products offered in local dialects/ languages		

Table 4: Impacts of Severe weather and climate events

Country: _____

ENSO Phase: El Nino

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