

Pacific Islands - Ocean and Climate Outlook Forum (OCOF) No. 225

Country: **Cook Islands**

Part 1: Recent climate

**TABLE 1: Monthly Rainfall**

Station (include data period)	Mar-2026	Apr-2026	May-2026				Rank
			Total (mm)	33%tile	67%tile	Median	
	Total (mm)	Total (mm)	Rainfall (mm)				
Penrhyn (1937-2026)	120.2	49.8	32.4	98.1	171.7	125.6	4/88
Rarotonga (1899-2026)	235.0	49.7	215.9	113.6	201.0	150.0	94/128

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

Station	Three-month Total		33%tile	67%tile	Median	Rank
	Rainfall (mm)					
Penrhyn (1937-2026)	202.4	Below normal	376.3	599.8	484.0	5/86
Rarotonga (1899-2026)	500.6	Normal	497.7	650.1	575.5	41/128

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

Monthly: July 2026	Seasonal: July to September 2026
<b>Rainfall (Image 1)</b>	<b>Rainfall (Image 2)</b>
<p>Tercile rainfall probabilities for July 2026</p> <p>Base period: 1981-2018 Model: ACCESS-S2 Model run: 08/06/2026 Issued: 10/06/2026</p> <p>Below normal (%) Near normal (%) Above normal (%)</p> <p>--- EEZ border V11 (Flanders Marine Institute, 2019)</p>	<p>Tercile rainfall probabilities for July to September 2026</p> <p>Base period: 1981-2018 Model: ACCESS-S2 Model run: 08/06/2026 Issued: 10/06/2026</p> <p>Below normal (%) Near normal (%) Above normal (%)</p> <p>--- EEZ border V11 (Flanders Marine Institute, 2019)</p>
<b>Monthly Maximum temperature (Image 3):</b>	<b>Seasonal maximum temperature (Image 4):</b>
<p>Tercile maximum temperature probabilities for July 2026</p> <p>Base period: 1981-2018 Model: ACCESS-S2 Model run: 08/06/2026 Issued: 10/06/2026</p> <p>Below normal (%) Near normal (%) Above normal (%)</p> <p>--- EEZ border V11 (Flanders Marine Institute, 2019)</p>	<p>Tercile maximum temperature probabilities for July to September 2026</p> <p>Base period: 1981-2018 Model: ACCESS-S2 Model run: 08/06/2026 Issued: 10/06/2026</p> <p>Below normal (%) Near normal (%) Above normal (%)</p> <p>--- EEZ border V11 (Flanders Marine Institute, 2019)</p>
<b>Monthly minimum temperature (Image 5):</b>	<b>Seasonal minimum temperature (Image 6):</b>
<p>Tercile minimum temperature probabilities for July 2026</p> <p>Base period: 1981-2018 Model: ACCESS-S2 Model run: 08/06/2026 Issued: 10/06/2026</p> <p>Below normal (%) Near normal (%) Above normal (%)</p> <p>--- EEZ border V11 (Flanders Marine Institute, 2019)</p>	<p>Tercile minimum temperature probabilities for July to September 2026</p> <p>Base period: 1981-2018 Model: ACCESS-S2 Model run: 08/06/2026 Issued: 10/06/2026</p> <p>Below normal (%) Near normal (%) Above normal (%)</p> <p>--- EEZ border V11 (Flanders Marine Institute, 2019)</p>

## Part 2: Recent Ocean Observation

### Monthly/Three months: May and March to May 2026

Monthly: May 2026	Last three months: March to May 2026
<p><b>Sea Surface Temperature Anomaly (Image 1):</b></p> <p>Cook Islands Monthly Sea Surface Temperature Anomalies: May 2026</p> <p>© Pacific Community (SPC) 2025 Reynolds</p>	<p><b>Sea Surface Temperature Anomaly (Image 4):</b></p> <p>Cook Islands Seasonal Sea Surface Temperature Anomalies : Mar 2026 - May 2026</p> <p>© Pacific Community (SPC) 2025 Reynolds</p>
<p><b>Sea level anomaly (Image 2):</b></p> <p>Cook Islands Monthly Sea Level Anomaly: May 2026</p> <p>© Pacific Community (SPC) 2025 E.U. Copernicus Marine Service Information: <a href="https://doi.org/10.48670/mol-00149">https://doi.org/10.48670/mol-00149</a></p>	
<p><b>National daily coral bleaching alert (Image 3):</b></p> <p>Cook Islands Coral Bleaching Alert: 5 June 2026</p> <p>© Pacific Community (SPC) 2025 NOAA</p>	<p><b>Pacific daily coral bleaching alert (Image 5):</b></p> <p>Pacific Islands Coral Bleaching Alert: 31 May 2026</p> <p>© Pacific Community (SPC) 2025 NOAA</p>

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

Monthly: July 2026	Seasonal: July to September 2026
<p><b>Monthly sea surface temperature anomaly (Image 5):</b></p>	<p><b>Seasonal sea surface temperature anomaly (Image 6):</b></p>
<p><b>Monthly sea level anomaly (Image 7):</b></p>	<p><b>Seasonal sea level anomaly (Image 8):</b></p>
<p><b>National 4-week Coral Bleaching Outlook (Image 9):</b></p>	<p><b>Pacific 4-week Coral Bleaching Outlook (Image 10):</b></p>

## **Summary Statement**

### **Monthly and last three months: May/March to May 2026 statement**

The rainfall for May and for the past 3-months was below normal over Penrhyn but above normal for Rarotonga in May and normal for the period of March – May 2026. This May was the 4th driest in history and the 5th driest March – May period on record for Penrhyn.

### **Part 1i. Monthly and Seasonal Outlooks for July and July to September 2026**

#### **Monthly/Seasonal rainfall and temperature Outlook statements**

The rainfall for July and July to September 2026 very likely to be below normal over all Cook Islands, including Penrhyn and Rarotonga.

Maximum and minimum temperatures during July 2026 are likely to be above normal over all the Northern Cook Islands, while the Southern Cook Islands will most likely be near-normal to below-normal for some islands.

Maximum and minimum temperatures averaged over July to September 2026 follows the same monthly pattern for Penrhyn and the northern coasts, and near-normal to below normal for the southern coasts including Rarotonga.

### **Part 2: Recent Ocean summary statement**

#### **Monthly and last three months: May/March to May 2026**

May sea surface temperatures (SSTs) around both Penrhyn and Rarotonga were 0.4 to 0.8°C above normal.

Averaged over March to May 2026, sea surface temperatures around both Penrhyn and Rarotonga followed the May pattern of 0.4 to 0.8°C above normal.

May sea levels around Penrhyn were 60mm to 100mm above normal, with waters around Rarotonga being near-normal of -30mm to 30mm.

A coral bleaching Watch status is currently in effect for majority of the Northern Cook Islands including Penrhyn as of 08<sup>th</sup> June 2026.

### **Part 2i. Monthly and Seasonal Outlooks for June and June to August 2026**

#### **Ocean Variable statement**

July 2026 sea surface temperatures around both Penrhyn and Rarotonga waters are predicted to be 0.4 to 0.8°C above normal.

Averaged over July to September 2026, sea surface temperatures around Penrhyn are expected to be 0.8 to 1.2°C above normal, while Rarotonga stations are predicted to be near-normal with -0.4 to 0.4°C.

July 2026 sea levels around Penrhyn waters are predicted to be 60 to 100 mm below normal, and -30mm to 30mm near-normal for Rarotonga.

Averaged over July to September 2026, sea levels around Penrhyn are predicted to be 30 to 60mm below normal and -30 to 30 mm near-normal around Rarotonga.

Coral Bleaching outlook indicates 'No Alert' status for the next 12-16 weeks.

## In brief for Teleconference

- Rainfall was below normal in Penrhyn and normal to above normal in Rarotonga during May and March–May 2026.
- Rainfall is very likely to be below normal across all Cook Islands during July and July–September 2026.
- Sea surface temperatures were 0.4–0.8°C above normal around Penrhyn and Rarotonga and are expected to remain above normal in the coming months.
- Sea levels, in May, were above normal around Penrhyn and near normal around Rarotonga. Sea levels are predicted to be near-normal to above normal in the next one and three months

**TABLE 3: Stakeholder Engagement- Evaluations of how effective NMS engage with stakeholders (May 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>
<b>Climate Bulletin</b>							
<b>EAR Watch</b>	Climate Change, Red Cross, Island Council and Executive Officers, To Tatou Vai, etc	53	?	?	?	?	
<b>Monthly Climate Briefing</b>							
<b>Ocean Outlook</b>	Climate Change, Red Cross, Island Council and Executive Officers, To Tatou Vai, etc	53	?	?	?	?	
<b>Climate data request</b>	To Tatou Vai, and MMR	5	?	?	?	?	
<b>Outreach programs</b>							
<b>Total</b>		58	?	?	?	?	

<b>Stakeholder category</b>	<b>Do your products reach this group? (Y/N)</b>	<b>Tailored product? (Y/N)</b>
<b>Agriculture sector</b>	Y	N
<b>Disaster Risk Reduction sector</b>	Y	N
<b>Energy sector</b>	Y	N
<b>Health sector</b>	Y	N

<b>Water sector</b>	Y	N
<b>Fisheries and Aquaculture sector</b>	Y	N
<b>Tourism sector</b>	Y	N
<b>Maritime sector</b>	Y	N
<b>Research &amp; education sector</b>	N	
<b>Women's [] organisations</b>	Y	N
<b>National disability organisations</b>	N	
<b>Community based organisations (e.g. councils)</b>	Y	N
<b>Products offered in local dialects/ languages</b>	N	

