

Country: **Cook Islands**

TABLE 1: Monthly Rainfall

Station (include data period)	Jun-2026	Jul-2026	Aug-2026				
			Total (mm)	33%tile	67%tile	Median	Rank
	Total (mm)	Total (mm)	Rainfall (mm)				
Penrhyn (1937-2026)	95.6	260.6	338.8	77.0	138.0	106.7	82/89
Rarotonga (1899-2026)	168.2	62.4	84.6	74.0	120.0	100.5	56/128

TABLE 2: Three-month Total Rainfall for June to August 2026

Station	Three-month Total		33%tile	67%tile	Median	Rank
	Rainfall (mm)					
Penrhyn (1937-2026)	695.0	Above normal	257.0	477.9	347.6	77/88
Rarotonga (1899-2026)	315.2	Normal	246.0	364.7	306.9	67/128

Part 1i. Monthly and Seasonal Outlooks for October and October to December 2026

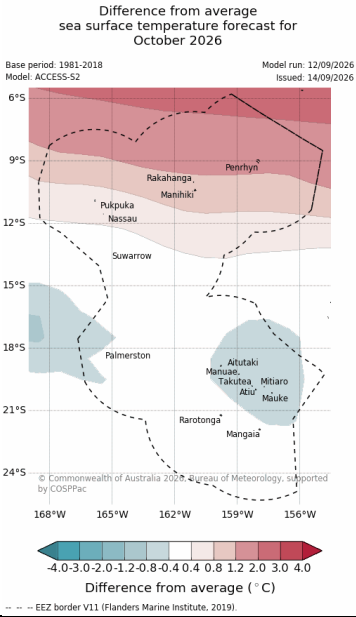
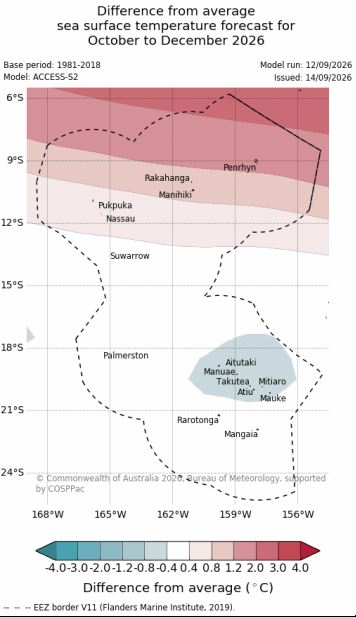
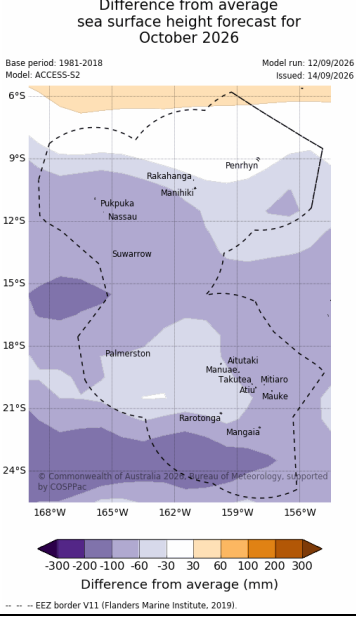
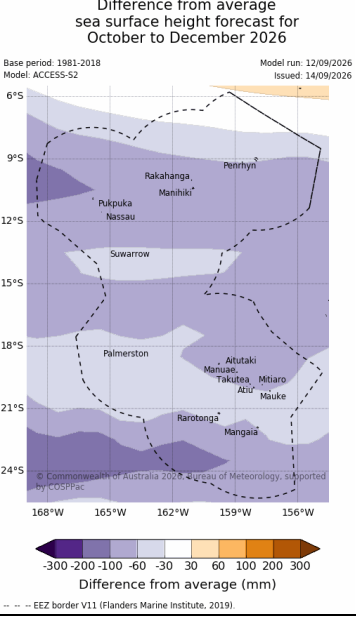
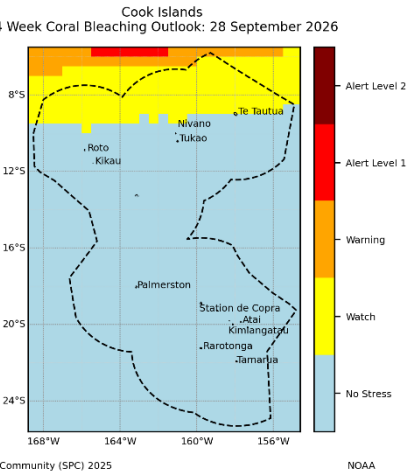
Monthly: October 2026	Seasonal: October to December 2026
Rainfall (Image 1)	Rainfall (Image 2)
Tercile rainfall probabilities for October 2026 Base period: 1981-2018 Model: ACCESS-S2 Model run: 07/09/2026 Issued: 09/09/2026 Below normal (%) Near normal (%) Above normal (%) -- EEZ border V11 (Flanders Marine Institute, 2019).	Tercile rainfall probabilities for October to December 2026 Base period: 1981-2018 Model: ACCESS-S2 Model run: 07/09/2026 Issued: 09/09/2026 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 October 2026 Base period: 1981-2018 Model: ACCESS-S2 Model run: 07/09/2026 Issued: 09/09/2026 Below normal (%) Near normal (%) Above normal (%) -- EEZ border V11 (Flanders Marine Institute, 2019).	Tercile maximum temperature probabilities for October to December 2026 Base period: 1981-2018 Model: ACCESS-S2 Model run: 07/09/2026 Issued: 09/09/2026 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 October 2026 Base period: 1981-2018 Model: ACCESS-S2 Model run: 07/09/2026 Issued: 09/09/2026 Below normal (%) Near normal (%) Above normal (%) -- EEZ border V11 (Flanders Marine Institute, 2019).	Tercile minimum temperature probabilities for October to December 2026 Base period: 1981-2018 Model: ACCESS-S2 Model run: 07/09/2026 Issued: 09/09/2026 Below normal (%) Near normal (%) Above normal (%) -- EEZ border V11 (Flanders Marine Institute, 2019).

Part 2: Recent Ocean Observation

Monthly/Three months: August and June to August 2026

Monthly: August 2026	Last three months: June to August 2026
Sea Surface Temperature Anomaly (Image 1):	Sea Surface Temperature Anomaly (Image 4):
Cook Islands Monthly Sea Surface Temperature Anomalies: August 2026	Cook Islands Seasonal Sea Surface Temperature Anomalies : Jun 2026 - Aug 2026
Sea level anomaly (Image 2):	
Cook Islands Monthly Sea Level Anomaly: August 2026	
National daily coral bleaching alert (Image 3):	Pacific daily coral bleaching alert (Image 5):
Cook Islands Coral Bleaching Alert: 11 September 2026	

Part 2i. Monthly and Seasonal Outlooks for October and October to December 2026

Monthly: October 2026	Seasonal: October to December 2026
Monthly sea surface temperature anomaly (Image 5): 	Seasonal sea surface temperature anomaly (Image 6): 
Monthly sea level anomaly (Image 7): 	Seasonal sea level anomaly (Image 8): 
National 4-week Coral Bleaching Outlook (Image 9): 	Pacific 4-week Coral Bleaching Outlook (Image 10): 

Summary Statement

Monthly and last three months: August/June to August 2026 statement

Rainfall for August 2026 was above normal at Penrhyn and near normal at Rarotonga. For June to August 2026, rainfall was above normal at Penrhyn and near normal at Rarotonga. Penrhyn recorded an extreme three-month rainfall total of 695.0 mm, ranked the 8th wettest in 88 years.

Part 1i. Monthly and Seasonal Outlooks for October and October to December 2026

Monthly/Seasonal rainfall and temperature Outlook statements

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

Rainfall for October to December 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 October 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 October to December 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: August/June to August 2026

August 2026 sea surface temperatures around the Cook Islands ranged from near-normal to about 1.5°C above normal. Warmer conditions were mainly observed over the Northern Cook Islands, while conditions in the south were generally near-normal to below normal.

Averaged over June to August 2026, sea surface temperatures around the Cook Islands were generally near-normal to above normal, with anomalies of up to +1.0°C in the north and near-normal to slightly below normal conditions in the south.

August 2026 sea levels around the Cook Islands were generally above normal, with anomalies mostly around +30 to +200 mm, although some areas experienced near-normal or below-normal sea levels.

No coral bleaching stress was indicated across most of the Cook Islands as of 11 September 2026. A coral bleaching Watch condition was present over parts of the Northern Cook Islands.

Part 2i. Monthly and Seasonal Outlooks for October and October to December 2026

Ocean Variable statement

October 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 mainly in the Northern Cook Islands.

Averaged over October to December 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 mainly in the north.

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

Averaged over October to December 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 Watch and Warming conditions for parts of the Northern Cook Islands over the outlook period. No Alert Level 1 or Alert Level 2 conditions are indicated.

In brief for Teleconference

- Rainfall at Penrhyn was above normal during August and the June to August period. Rainfall was near normal at Rarotonga for both periods.
- The rainfall outlook indicates above-normal rainfall in the Northern Cook Islands and below-normal rainfall in the Southern Cook Islands for October and October to December 2026.
- SSTs were generally near-normal to above normal in August and June to August 2026. The outlook indicates near-normal to above-normal SSTs, for October and October to December.
- Sea levels were generally above normal in August 2026, while below-normal sea levels are predicted across much of the Cook Islands for October and October to December 2026.

TABLE 3: Stakeholder Engagement – Evaluations of how effective NMS engage with stakeholders (August 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	Climate Change, Red Cross, Island Councils, Executive Officers, To Tatou Vai, etc.	53	?	?	?	?	
EAR Watch	Climate Change, Red Cross, Island Councils, Executive Officers, To Tatou Vai, etc.	53	?	?	?	?	
Monthly Climate Briefing							
Ocean Outlook	Climate Change, Red Cross, Island Councils, Executive Officers, To Tatou Vai, etc.	53	?	?	?	?	
Climate data request	To Tatou Vai and MMR	5	?	?	?	?	
Outreach programs							
Total		161					

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: COOK ISLANDS

ENSO Phase: El Nino

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