

Country: Cook Islands

Part 1: Recent climate

TABLE 1: Monthly Rainfall

Station (include data period)	Jul-2025	Aug-2025	Sept-2025				
			Total (mm)	33%tile	67%tile	Median	Rank
	Total (mm)	Total (mm)	Rainfall (mm)				
Penrhyn (1937-2025)	76.8	62.2	91.6	74.0	126.0	111.2	37/87
Rarotonga (1899-2025)	110.2	3.7	106.1	70.4	116.7	90.1	77/127

TABLE 2: Three-month Total Rainfall for July to September 2025

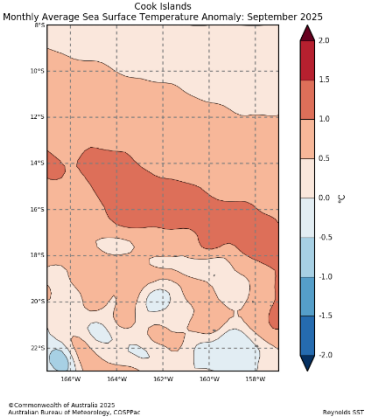
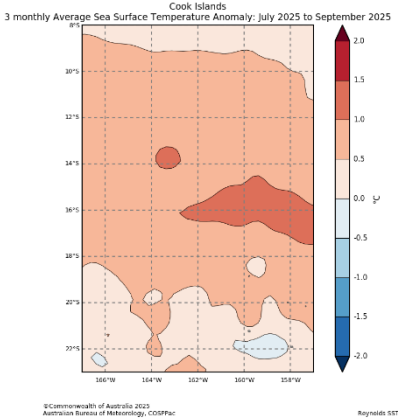
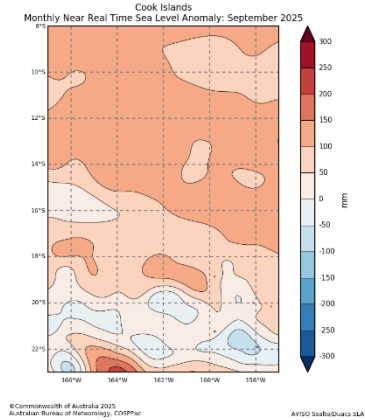
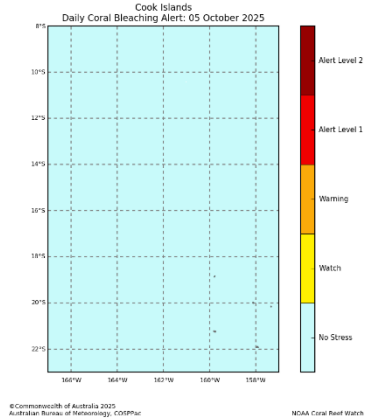
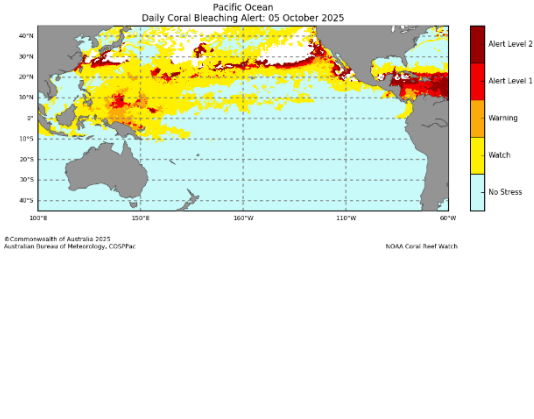
Station	Three-month Total		33%tile	67%tile	Median	Rank
	Rainfall (mm)					
Penrhyn (1937-2025)	230.6	Below normal	285.1	431.7	338.6	18/87
Rarotonga (1899-2025)	220.0	Below normal	254.7	349.0	294.0	40/127

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

Monthly: November	Seasonal: November to January
Rainfall (Image 1)	Rainfall (Image 2)
<p>Tercile rainfall probabilities for November 2025</p> <p>Base period: 1981-2018 Model: ACCESS-S2 Model run: 06/10/2025 Issued: 09/10/2025</p> <p>Below normal (%) Near normal (%) Above normal (%)</p> <p>— — EEZ border V11 (Flanders Marine Institute, 2019).</p>	<p>Tercile rainfall probabilities for November 2025 to January 2026</p> <p>Base period: 1981-2018 Model: ACCESS-S2 Model run: 06/10/2025 Issued: 09/10/2025</p> <p>Below normal (%) Near normal (%) Above normal (%)</p> <p>— — EEZ border V11 (Flanders Marine Institute, 2019).</p>
Monthly Maximum temperature (Image 3):	Seasonal maximum temperature (Image 4):
<p>Tercile maximum temperature probabilities for November 2025</p> <p>Base period: 1981-2018 Model: ACCESS-S2 Model run: 06/10/2025 Issued: 09/10/2025</p> <p>Below normal (%) Near normal (%) Above normal (%)</p> <p>— — EEZ border V11 (Flanders Marine Institute, 2019).</p>	<p>Tercile maximum temperature probabilities for November 2025 to January 2026</p> <p>Base period: 1981-2018 Model: ACCESS-S2 Model run: 06/10/2025 Issued: 09/10/2025</p> <p>Below normal (%) Near normal (%) Above normal (%)</p> <p>— — EEZ border V11 (Flanders Marine Institute, 2019).</p>
Monthly minimum temperature (Image 5):	Seasonal minimum temperature (Image 6):
<p>Tercile minimum temperature probabilities for November 2025</p> <p>Base period: 1981-2018 Model: ACCESS-S2 Model run: 06/10/2025 Issued: 09/10/2025</p> <p>Below normal (%) Near normal (%) Above normal (%)</p> <p>— — EEZ border V11 (Flanders Marine Institute, 2019).</p>	<p>Tercile minimum temperature probabilities for November 2025 to January 2026</p> <p>Base period: 1981-2018 Model: ACCESS-S2 Model run: 06/10/2025 Issued: 09/10/2025</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: September and July to Sepetmber2025

<div>Monthly: September 2025</div>		<div>Last three months: July to September 2025:</div>	
<div>Sea Surface Temperature Anomaly (Image 1):</div>		<div>Sea Surface Temperature Anomaly (Image 4):</div>	
<div><div><div><div>Cook Islands</div><div>Monthly Average Sea Surface Temperature Anomaly: September 2025</div><div></div><div><div>©Commonwealth of Australia 2025 Australian Bureau of Meteorology, COSPPac</div><div>Reynolds SST</div></div></div></div></div>		<div><div><div><div>Cook Islands</div><div>3 monthly Average Sea Surface Temperature Anomaly: July 2025 to September 2025</div><div></div><div><div>©Commonwealth of Australia 2025 Australian Bureau of Meteorology, COSPPac</div><div>Reynolds SST</div></div></div></div></div>	
<div>Sea level anomaly (Image 2):</div>			
<div><div><div><div>Cook Islands</div><div>Monthly Near Real Time Sea Level Anomaly: September 2025</div><div></div><div><div>©Commonwealth of Australia 2025 Australian Bureau of Meteorology, COSPPac</div><div>AVISO SeaWiFS SLA</div></div></div></div></div>			
<div>National daily coral bleaching alert (Image 3):</div>		<div>Pacific daily coral bleaching alert (Image 3):</div>	
<div><div><div><div>Cook Islands</div><div>Daily Coral Bleaching Alert: 05 October 2025</div><div></div><div><div>©Commonwealth of Australia 2025 Australian Bureau of Meteorology, COSPPac</div><div>NOAA Coral Reef Watch</div></div></div></div></div>		<div><div><div><div>Pacific Ocean</div><div>Daily Coral Bleaching Alert: 05 October 2025</div><div></div><div><div>©Commonwealth of Australia 2025 Australian Bureau of Meteorology, COSPPac</div><div>NOAA Coral Reef Watch</div></div></div></div></div>	

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

Monthly: November	Seasonal: November to January
Monthly sea surface temperature anomaly (Image 5):	Seasonal sea surface temperature anomaly (Image 6):
<div><p>Difference from average sea surface temperature forecast for November 2025</p><p>Base period: 1981-2018 Model: ACCESS-S2 Model run: 06/10/2025 Issued: 08/10/2025</p><p>© Commonwealth of Australia 2025 Australian Bureau of Meteorology, supported by COSPPac</p><p>--- EEZ border V1.1 (Flanders Marine Institute, 2019)</p></div>	<div><p>Difference from average sea surface temperature forecast for November 2025 to January 2026</p><p>Base period: 1981-2018 Model: ACCESS-S2 Model run: 06/10/2025 Issued: 08/10/2025</p><p>© Commonwealth of Australia 2025 Australian Bureau of Meteorology, supported by COSPPac</p><p>--- EEZ border V1.1 (Flanders Marine Institute, 2019)</p></div>
Monthly sea level anomaly (Image 7):	Seasonal sea level anomaly (Image 8):
<div><p>Difference from average sea surface height forecast for November 2025</p><p>Base period: 1981-2018 Model: ACCESS-S2 Model run: 06/10/2025 Issued: 08/10/2025</p><p>© Commonwealth of Australia 2025 Australian Bureau of Meteorology, supported by COSPPac</p><p>--- EEZ border V1.1 (Flanders Marine Institute, 2019)</p></div>	<div><p>Difference from average sea surface height forecast for November 2025 to January 2026</p><p>Base period: 1981-2018 Model: ACCESS-S2 Model run: 06/10/2025 Issued: 08/10/2025</p><p>© Commonwealth of Australia 2025 Australian Bureau of Meteorology, supported by COSPPac</p><p>--- EEZ border V1.1 (Flanders Marine Institute, 2019)</p></div>
National 4-week Coral Bleaching Outlook (Image 9):	Pacific 4-week Coral Bleaching Outlook (Image 9):
<div><p>Cook Islands 4 Weeks Coral Bleaching Outlook: 02 November 2025</p><p>© Commonwealth of Australia 2025 Australian Bureau of Meteorology, COSPPac</p><p>NOAA Coral Reef Watch</p></div>	<div><p>Pacific Ocean 4 Weeks Coral Bleaching Outlook: 02 November 2025</p><p>© Commonwealth of Australia 2025 Australian Bureau of Meteorology, COSPPac</p><p>NOAA Coral Reef Watch</p></div>

Summary Statement

Monthly and last three months: September 2025/July to September 2025 statement

The rainfall for September was normal for both Penrhyn and Rarotonga, while rainfall recorded for July to September period was below normal for both Cook Island stations.

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

Monthly /Seasonal rainfall and temperature Outlook statements

The rainfall outlook for November is very likely to be below-normal for the northern Cook Islands including Penrhyn, and very likely to be above-normal rainfall in the southern islands like Rarotonga. The three-month rainfall outlook for November to January 2026, reinforces the same general pattern: below-normal rainfall is very likely in the north and above-normal rainfall is very likely in the central and south.

Maximum and minimum temperatures during November and averaged over November to January 2026 are very likely to be above normal over majority of the country, with the exception Penrhyn and Rakahanga showing near normal conditions.

Part 2: Recent Ocean summary statement

Monthly and last three months: September 2025/July to September 2025

September and averaged July to September Sea surface temperatures were above normal for all the Cook Islands waters, with Rarotonga being 0.5 - 1.0°C, meanwhile the northern part of the Cooks including Penrhyn, sea surface temperatures were utmost 0.5°C above normal.

September sea levels around Rarotonga and Penrhyn were above normal, with 0 to 50mm and 50 to 100mm respectively.

A “No Stress” status is currently in effect over the Cook Islands as of 05th October 2025.

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

Ocean Variable statement

November 2025 and averaged over November 2025 to January 2026 Sea surface temperatures around the far northern group including Penrhyn are forecast to be near-normal, with the rest of the Cook Islands including Rarotonga are predicted to be 0.8°C above normal.

November sea levels around majority of Cook Island waters including Rarotonga and Penrhyn are predicted to be below normal with 60 to 100mm and 30 to 60mm, respectively. Averaged over November 2025 to January 2026, sea levels follow the 1-month pattern for Rarotonga and Penrhyn station.

Coral Bleaching outlook indicates “No Stress” for all Cook Islands for the next 4 weeks.

In brief for Teleconference

- Rainfall was normal last month and below normal for the past 3-months, for Raro and Penrhyn.
- The rainfall outlook generally indicates below normal likely for Penrhyn in November and November 2025 to January 2026, with central Cook Islands including Rarotonga very likely to be above normal.
- September and averaged over July to September SSTs were above normal. SSTs are predicted to be near-normal to above normal for the next one and three months.

- September sea levels were above normal. Sea Levels outlook shows below normal to near normal most likely for the next one and three months.
- “No Stress” Coral bleaching for the Cook Islands

TABLE 3: Stakeholder Engagement- Evaluations of how effective NMS engage with stakeholders (September 2025)

Product	Stakeholder	Total Number of Participants	Number of Male	Number of Female	Disability	Comments (If there are comments from you Stakeholders)
Climate Bulletin						
EAR Watch	Climate Change, Red Cross, Island Council and Executive Officers, To Tatou Vai, etc	53	?	?	?	
Monthly Climate Briefing						
Ocean Outlook						
Climate data request	To Tatou Vai, and MMR	5	2	3	?	
Total		58				

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