Pacific Islands - Ocean and Climate Outlook Forum (OCOF) No. 229

Country: Cook Islands

Part 1: Recent climate

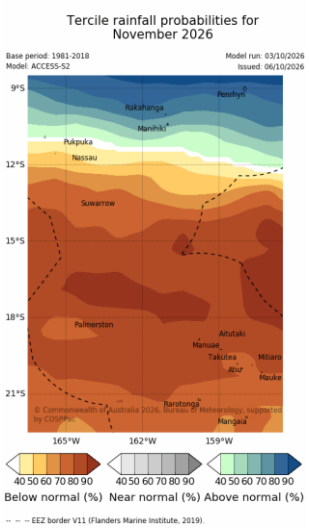
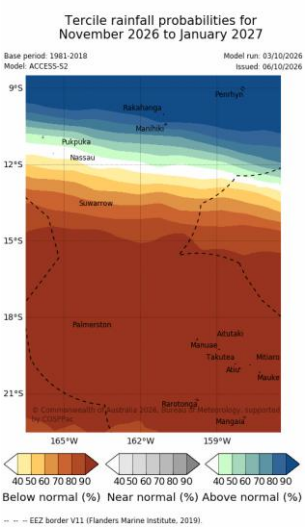
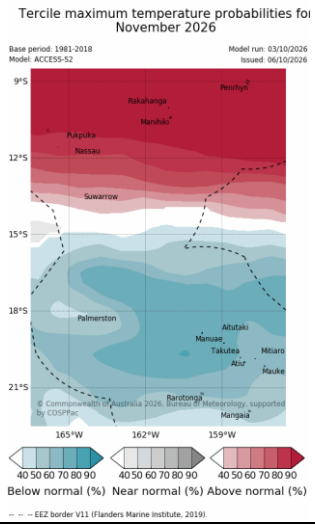
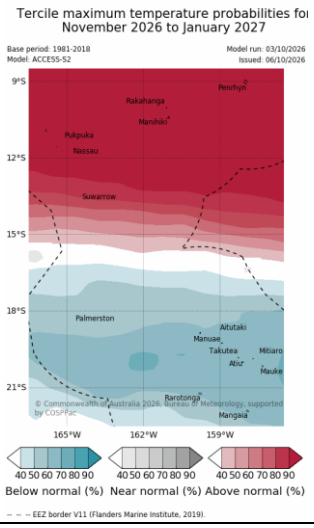
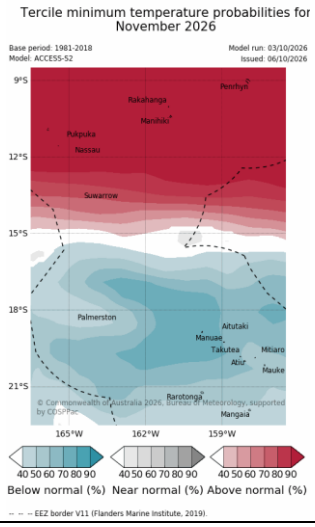
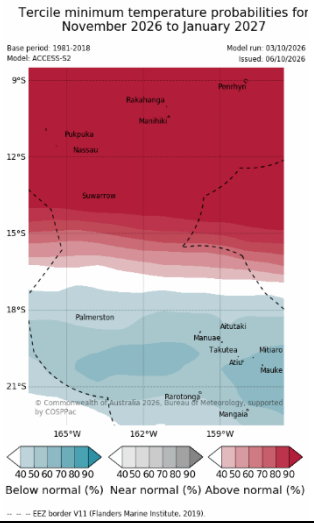
TABLE 1: Monthly Rainfall

Station (include data period)	Jul-2026	Aug-2026	Sep-2026				
			Total (mm)	33%tile	67%tile	Median	Rank
	Total (mm)	Total (mm)	Rainfall (mm)				
Penrhyn (1937-2026)	260.6	338.8	109.8	74.0	126.0	111.0	45/88
Rarotonga (1899-2026)	62.4	84.6	31.1	71.0	116.0	91.6	**11/128**

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

Station	Three-month Total		33%tile	67%tile	Median	Rank
	Rainfall (mm)					
Penrhyn (1937-2026)	709.2	Above normal	280.5	430.5	337.0	**80/88**
Rarotonga (1899-2026)	178.1	Below normal	250.0	348.0	293.0	19/128

Part 1i. Monthly and Seasonal Outlooks for November and November 2026 to January 2027

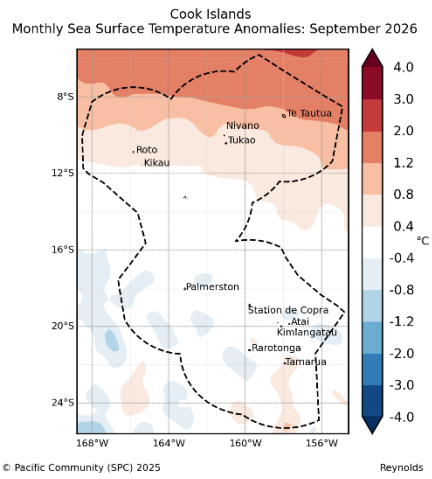
Monthly: November 2026	**Seasonal: November 2026 to January 2027**
Rainfall (Image 1)	**Rainfall (Image 2)**
	
Monthly Maximum temperature (Image 3):	**Seasonal maximum temperature (Image 4):**
	
Monthly minimum temperature (Image 5):	**Seasonal minimum temperature (Image 6):**
	

Part 2: Recent Ocean Observation

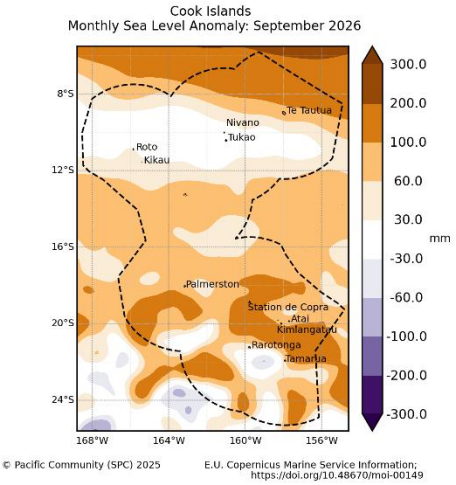
Monthly/Three months: September and July to September 2026

Monthly: September 2026

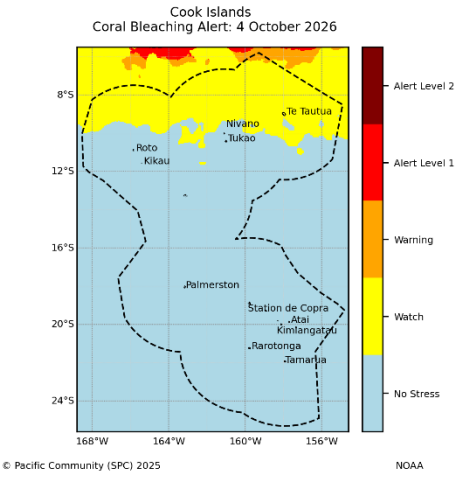
Sea Surface Temperature Anomaly (Image 1):



Sea level anomaly (Image 2):

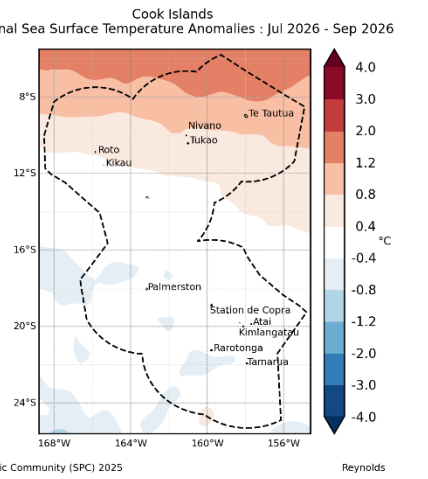


National daily coral bleaching alert (Image 3):



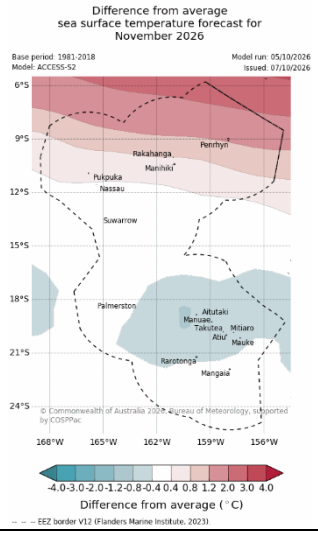
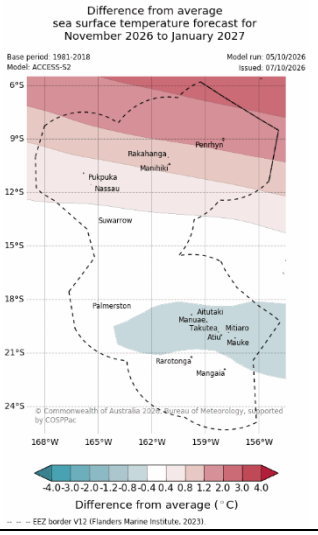
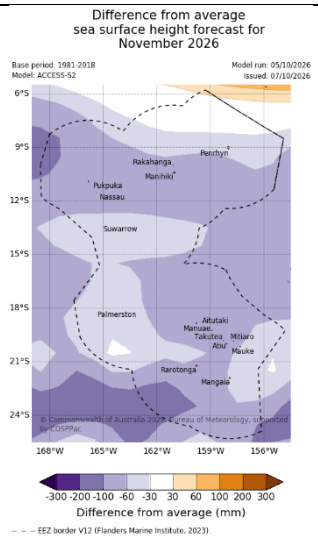
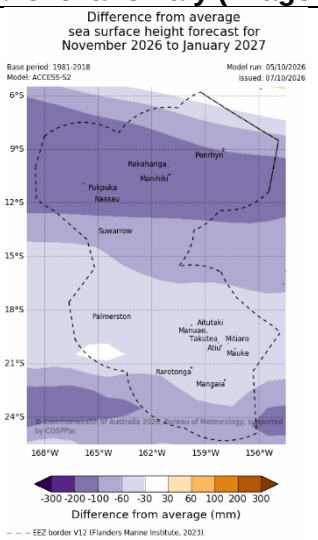
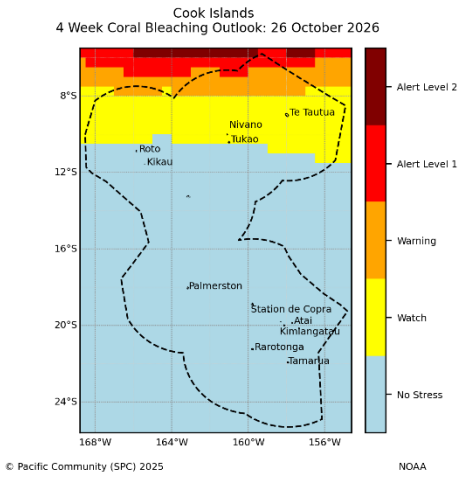
Last three months: July to September 2026

Sea Surface Temperature Anomaly (Image 4):



Pacific daily coral bleaching alert (Image 5):

Part 2i. Monthly and Seasonal Outlooks for November and November 2026 to January 2027

Monthly: November 2026	**Seasonal: November 2026 to January 2027**
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: September/July to September 2026 statement

Rainfall for September 2026 was near normal at Penrhyn and below normal at Rarotonga. For July to September 2026, rainfall was above normal at Penrhyn and below normal at Rarotonga. Penrhyn recorded an extreme three-month rainfall total of 709.2 mm, ranked the 8th wettest in 88 years.

Part 1i. Monthly and Seasonal Outlooks for November and November 2026 to January 2027

Monthly/Seasonal rainfall and temperature Outlook statements

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

Rainfall for November 2026 to January 2027 is likely to be above normal over the Northern Cook Islands and below normal over the Southern Cook Islands.

Maximum and minimum temperatures during November 2026 and November 2026 to January 2027 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: September/July to September 2026

September 2026 and averaged over July to September 2026 Sea surface temperatures around the Cook Islands ranged from near-normal to about 1.2°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.

September 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 04th October 2026. A coral bleaching Watch condition was present over parts of the Northern Cook Islands.

Part 2i. Monthly and Seasonal Outlooks for November and November 2026 to January 2027

Ocean Variable statement

November 2026 sea surface temperatures around Penrhyn are predicted to be 1.2 to 2.0°C above normal,0.4 to 0.8°C below normal around Rarotonga extending up north to Atutaki and near-normal elsewhere.

Averaged over November 2026 to January 2027, sea surface temperatures around Penrhyn are predicted to be 0.8 to 1.2°C above normal, 0.4 to 0.8°C below normal around Aitutaki and near normal around Rarotonga.

November 2026 and November 2026 to January 2027 Sea levels around the Cook Islands are predicted to be below normal, generally by about 30 to 100mm.

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 near normal for September and above normal for the July to September period. Rainfall was below 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 November and November 2026 to January 2027.
- SSTs were generally near-normal to above normal in September and July to September 2026. The outlook in the Northern Cook Islands indicates near-normal to above-normal SSTs, for November and November 2026 to January 2027. The rest are expected to experience near-normal to below normal SSTs.
- Sea levels were generally above normal in September 2026, while below-normal sea levels are predicted across much of the Cook Islands for November and November 2026 to January 2027.

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

Product	***Stakeholder***	***Total Number of Participants***	***Number of Male***	***Number of Female***	***Disability***	***Age group***	***Comments (If there are comments from you Stakeholders)***
Climate Bulletin							
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	111					

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	
Health sector	Y	N

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

Table 4: Impacts of Severe weather and climate events

Country: COOK ISLANDS

ENSO Phase: El Nino

Synoptic Situation	Date	Type of Hazard	Impacts	Image	Latitude	Longitude	Sectors affected	No. of Deaths
Strong El Nino	September 2026	Prolonged dry period	Reduced rainfall across S.Cooks		21.2°S	159.8°W	Water (TTV, ICI), Agriculture, Communities	0