



Outlook for February 2026

1. Current Meteorological Conditions

During January 2026, nearly normal to slightly above normal rainfall was observed over most parts of the country. Two rainfall spells of moderate to heavy intensity primarily affected the western and northwestern regions of the country. Rainfall was recorded across various parts of Balochistan, northern Punjab, Khyber Pakhtunkhwa, Azad Jammu and Kashmir, and at isolated locations in Gilgit-Baltistan. Hilly areas of Khyber Pakhtunkhwa, Kashmir, Gilgit-Baltistan, northern Punjab, and northern Balochistan experienced moderate to heavy snowfall, particularly during the last week of January. Southern Punjab and several areas of Sindh also received light rainfall during the same period, which triggered a cold episode in these regions. Meanwhile, temperatures across most parts of the country remained normal to slightly below normal. Gilgit-Baltistan and Khyber Pakhtunkhwa experienced above normal temperatures, as expected; however, temperatures over the plain areas remained slightly below normal due to the prevailing westerly weather systems during the season. (Table 1).

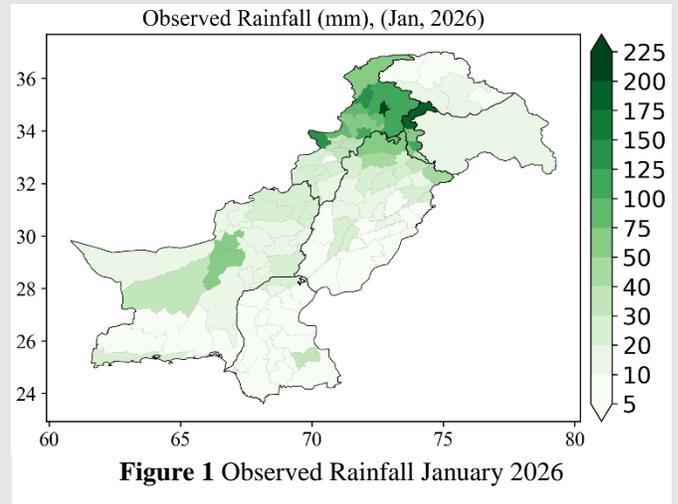


Table 1: Summary of January 2025 Observed Rainfall and Temperature

Region	Total Rainfall (mm)	Normal* Rainfall (mm)	Rainfall Departure (%)	Mean Temp (°C)	Anomaly (°C)
Pakistan	38.5	30.7	25.4	10.4	-0.3
AJK	144.5	96.7	49.4	9.7	-0.2
Balochistan	20.2	19.9	1.3	11.8	-0.3
Gilgit-Baltistan	13.4	18.3	-26.5	2.7	1.3
Khyber Pakhtunkhwa	84.6	55.1	53.5	8.2	0.4
Punjab	29.8	31.7	-5.9	10.6	-0.8
Sindh	6.2	3.7	66.4	14.9	-1.1

* Normal Period (1991 – 2020)

2. Monthly Rainfall Outlook:

The Multi-Model Ensemble (MME) based monthly outlook is derived from the outputs of eight global seasonal prediction models with optimal skill. The output of the selected models is used to generate operational outlooks for monthly and seasonal rainfall and temperature. The state of the global earth system suggests that, the El Niño–Southern Oscillation (ENSO), currently in a marginally negative phase, is expected to shift to a neutral phase and remains in the same phase for the forecast month. Meanwhile, the Indian Ocean Dipole (IOD) is in a neutral phase and is expected to persist in the same phase during forecast month. Based on this analysis, a general tendency for **near- to slightly above-normal*** rainfall is anticipated across most parts of the country during February 2026, with the most pronounced positive anomalies concentrated over northern regions, including Khyber Pakhtunkhwa, Gilgit-Baltistan, Kashmir, and northern Punjab. In contrast, southern Pakistan particularly Sindh, Balochistan and southern Punjab shows near-normal rainfall signals. Overall, the outlook suggests no widespread extreme anomalies, with wetter conditions in the northern regions and slightly drier conditions in the southern regions as per the normal rainfall records in southeastern Pakistan. However, localized above-normal precipitation may occur over the mountainous areas due to orographic influences (Figure 2, 3).

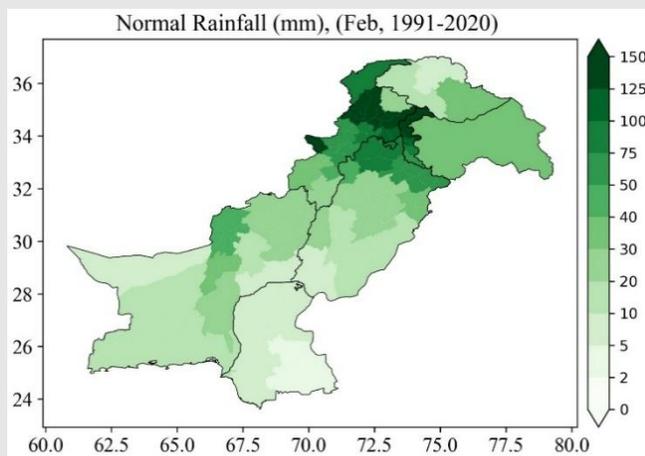


Figure 2: Normal (1991-2020) rainfall for February

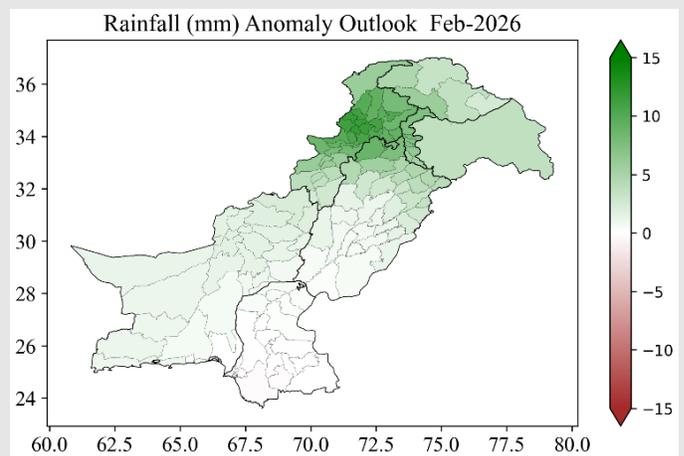


Figure 3: Monthly rainfall anomaly for February 2026

The probabilistic rainfall outlook reflects a consensus among all models used in the ensemble. The tercile probability forecast (Figure 4) indicates that most ensemble members predict the likelihood of **near normal** rainfall over most parts of the country. However, central & southern Khyber Pakhtunkhwa and northern Balochistan may get above normal rainfall, whereas northern parts of Gilgit Baltistan are likely to receive relatively below normal rainfall during February 2026.

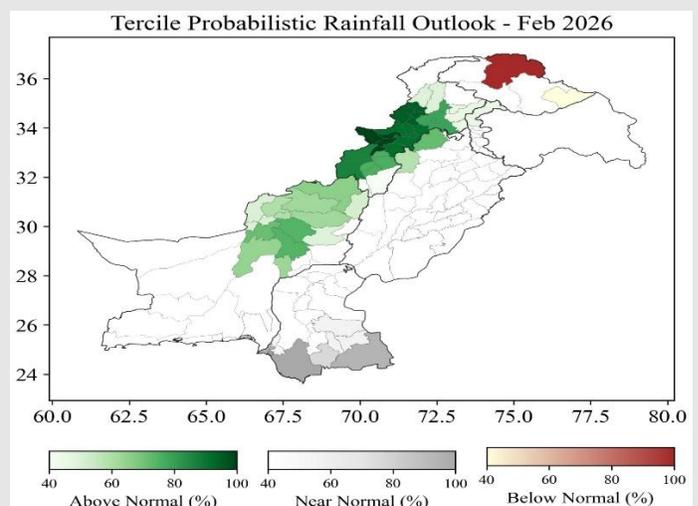


Figure 4: Probabilistic rainfall outlook for February 2026

3. Monthly Temperature Outlook:

Mean temperatures are expected to remain **above normal*** nationwide, with maximum departure over Gilgit-Baltistan and Kashmir in February 2026 (Figure 5, 6).

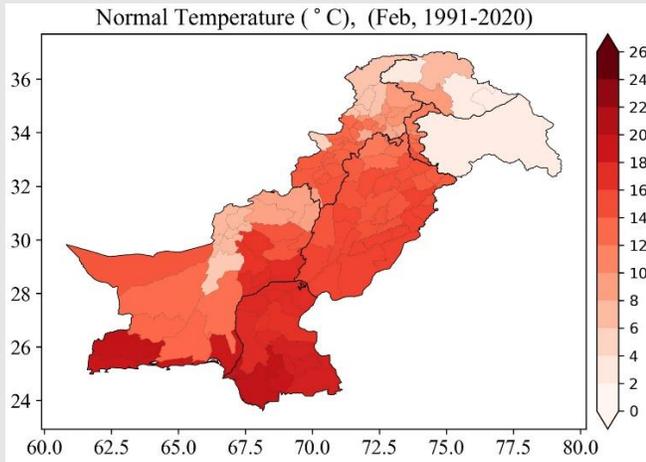


Figure 5: Normal (1991-2020) temperature for February 2026

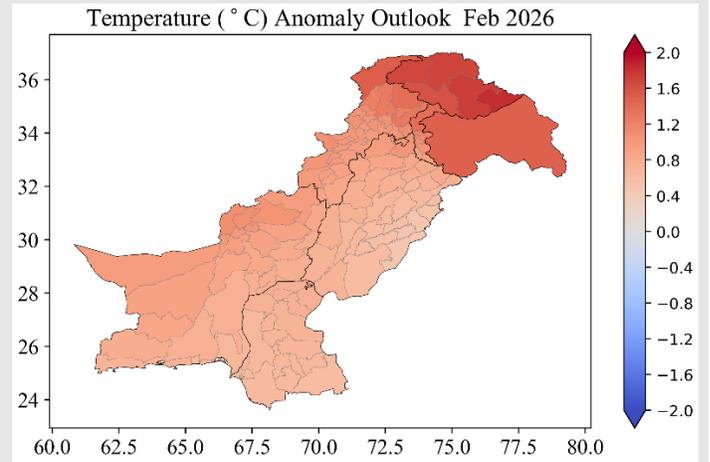


Figure 6: Monthly temperature anomaly outlook for February 2026

The tercile probabilistic temperature outlook (Figure 7) indicates that the majority of the models agree on the **above-normal** temperatures across the country. The likelihood of warmer-than-normal conditions is particularly stronger over northern regions, including Gilgit-Baltistan, Kashmir and northern Khyber Pakhtunkhwa, as well as some parts of southern Pakistan particularly northeastern Sindh for the month of February 2026.

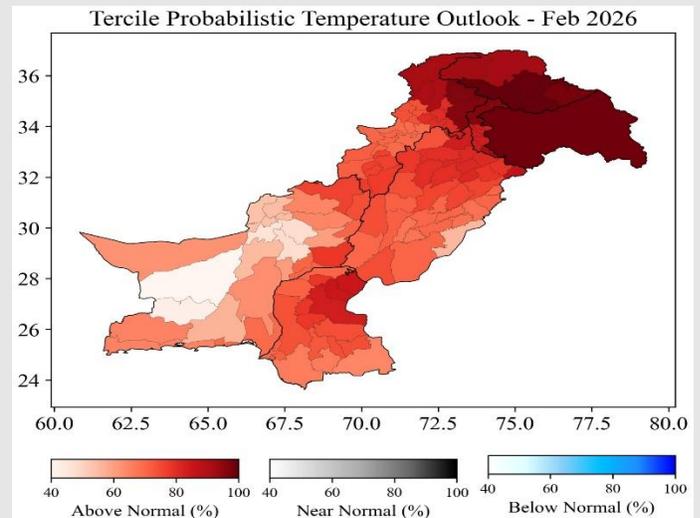


Figure 7: Probabilistic temperature outlook for February 2026

Impacts:

- In February, Rabi crops in central and some northern parts of Pakistan are likely to benefit from normal to slightly above-normal rainfall, supporting healthy growth, particularly in rain-fed areas. While southern regions including Sindh, southern Punjab, and southeastern Balochistan may face persistent soil moisture stress due to near-normal to slightly below-normal rainfall and higher temperatures, potentially limiting crop development and reduce potential yields. Overall, wetter conditions in the north favor crop growth, while southern regions face moderate moisture constraints.
- Dry conditions with slightly above-normal temperatures in February 2026 will favor post-harvest handling and storage of rice, reducing losses from residual moisture or delayed drying.
- Above-normal temperatures in February 2026, particularly over southern regions, are albeit unlikely to increase vector-borne disease risk, as prevailing winter conditions remain unfavorable for mosquito activity across Punjab, Sindh, and Balochistan.
- Slightly wetter conditions in northern and northwestern Pakistan may aid local water availability, but limited rainfall in southern regions could keep local water resources low, requiring continued monitoring and contingency planning.
- Cooler nights combined with near-normal to slightly above-normal rainfall in northern and central regions may still favor fog formation, particularly in Punjab and adjoining northern Sindh. Reduced visibility could disrupt highway travel and cause delays at major roads and airports, especially during late-night and early-morning hours.
- Limited amount of rainfall in the southern plains may reduce air quality, increase the risk of smog formation, and cause respiratory health issues among sensitive groups particularly children, the elderly, and those with chronic lung conditions, while wetter northern regions may experience lower smog risk.
- Expected snowfall episodes over the northern and western regions may increase the risk of avalanches, while accompanying rainfall could trigger flash flooding in low-lying and downstream areas. In addition, hailstorm events are likely in parts of northern Punjab and Khyber Pakhtunkhwa during active weather spells.

Note: The seasonal outlook is updated monthly in the first week of the month. The forecast reliability varies with location, time of year, and global ocean/atmospheric conditions. It provides general trends using probabilities rather than precise predictions and compares expected conditions to historical averages. For better decision-making, it should be used alongside short-term forecasts and other climate data issued by PMD.