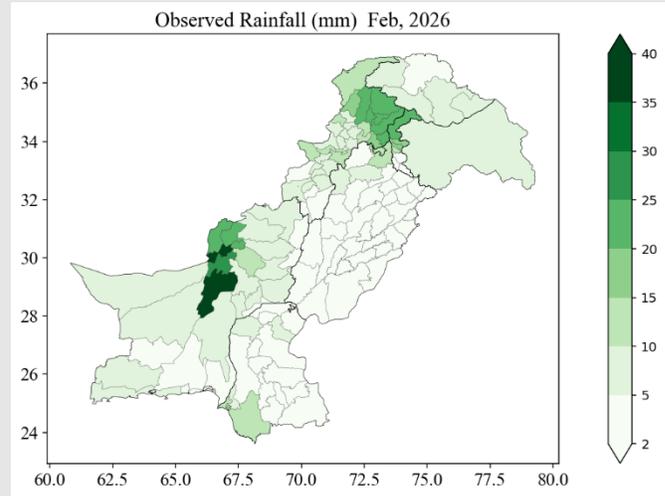




## Outlook for March 2026

### 1. Current Meteorological Conditions

Overall, below-normal rainfall was observed during February 2026. Only a few isolated precipitation events occurred during the first half of the month, mainly affecting the northern and western parts of the country. In contrast, near-normal rainfall was recorded over Sindh; however, it is important to note that the climatological normal for the region during this month is relatively low. The month was characterized by subdued westerly disturbance activity and the absence of any strong synoptic-scale system, which typically contributes significantly to February rainfall. Consequently, no major rainfall spell was recorded, in contrast to the region's general climatology for this period. Meanwhile, temperatures remained predominantly above normal across most parts of the country, likely influenced by reduced cloud cover and limited precipitation activity. The highest positive temperature anomaly was recorded in Khyber Pakhtunkhwa, followed by Gilgit-Baltistan (Table 1).



**Figure 1** Observed Rainfall February 2026

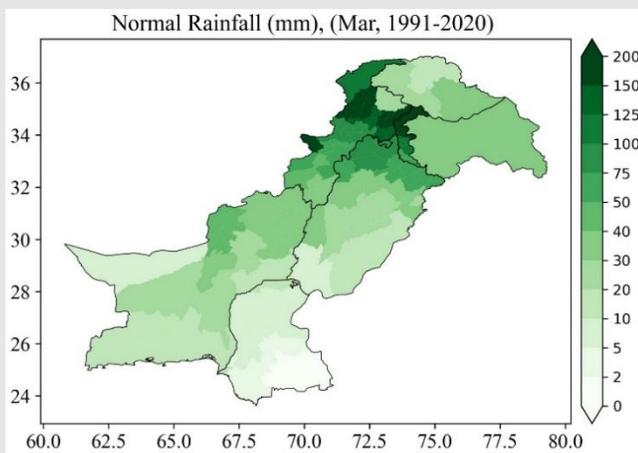
Table 1: Summary of February 2026 Observed Rainfall and Temperature

Region	Total Rainfall (mm)	Normal* Rainfall (mm)	Rainfall Departure (%)	Mean Temp (°C)	Anomaly (°C)
Pakistan	8.3	30.7	-73.1	16.2	2.9
AJK	26.3	96.7	-72.8	14.9	2.7
Balochistan	11.3	19.9	-43.1	17.3	2.9
Gilgit-Baltistan	3.1	18.3	-82.9	7.7	3.0
Khyber Pakhtunkhwa	12.2	55.1	-77.8	13.2	3.4
Punjab	3.5	31.7	-88.8	17.1	2.5
Sindh	4.1	3.7	9.2	21.7	2.5

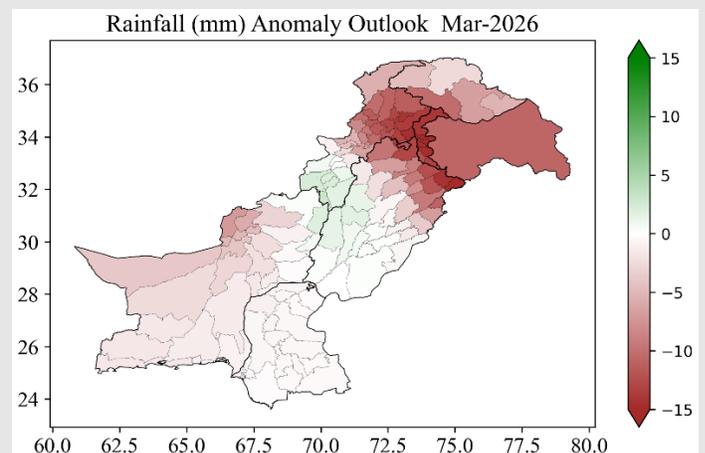
\* Normal Period (1991 – 2020)

## 2. Monthly Rainfall Outlook:

The Multi-Model Ensemble (MME) based monthly outlook is derived from the outputs of nine 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 neutral phase, is expected to remain 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 below-normal\*** rainfall is anticipated across most parts of the country during March 2026, with the most pronounced negative anomalies concentrated over northern regions, including Gilgit-Baltistan, Kashmir, northern Khyber Pakhtunkhwa, northern Punjab and parts of western Balochistan, indicating a relative suppression of spring precipitation in these regions. Near-normal rainfall is anticipated over the remaining parts of the country, including southern Punjab, southern Khyber Pakhtunkhwa, northeastern Balochistan, and most areas of Sindh during March 2026. The projected rainfall anomalies show only slight deviation from the climatological average, and it is noteworthy that the monthly normal for these regions is generally low (Figures 2, 3).

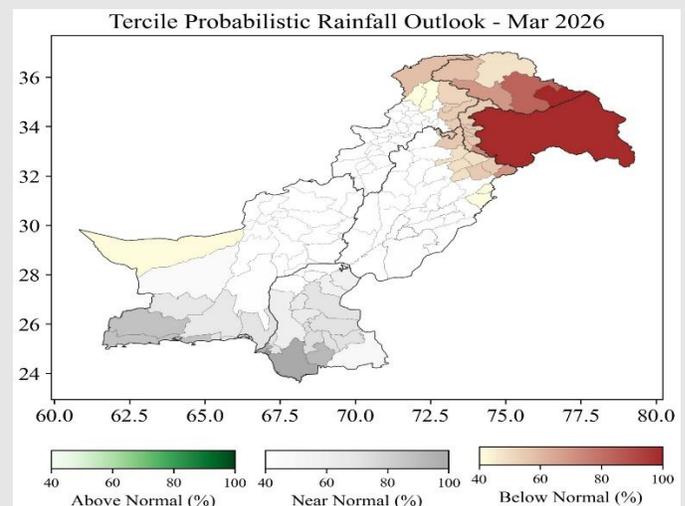


**Figure 2:** Normal (1991-2020) rainfall for March



**Figure 3:** Monthly rainfall anomaly for March 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 with the strongest single over southern regions including southern Sindh and southern Balochistan. However, northern part of the country including Gilgit Baltistan, Kashmir, northern Khyber Pakhtunkhwa, parts of northern Punjab are likely to receive below normal rainfall during March 2026.

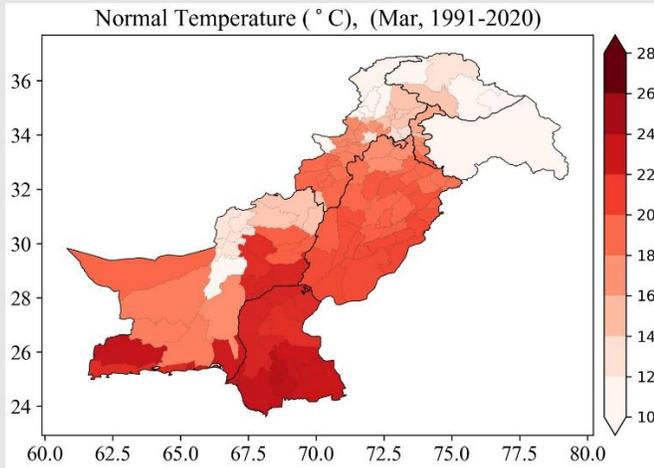


**Figure 4:** Probabilistic rainfall outlook for March 2026

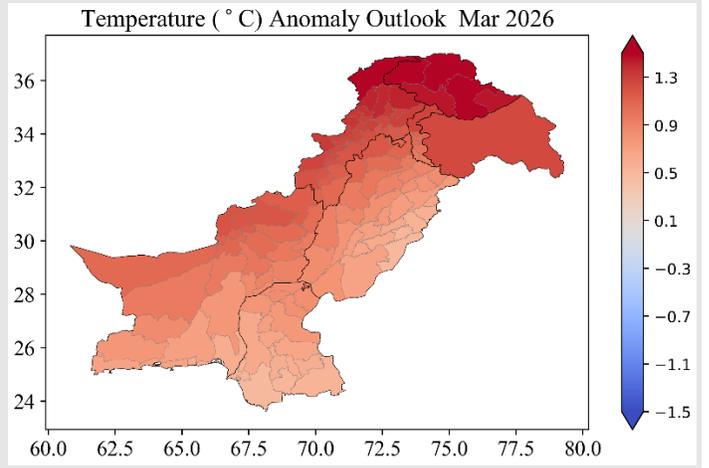
\* Normal = 30-years average climatology

### 3. Monthly Temperature Outlook:

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

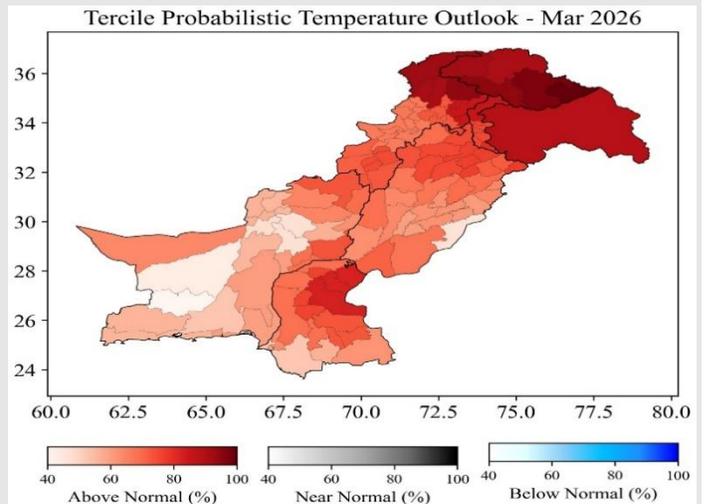


**Figure 5:** Normal (1991-2020) temperature for March 2026



**Figure 6:** Monthly temperature anomaly outlook for March 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 strong 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 March 2026.



**Figure 7:** Probabilistic temperature outlook for March 2026

### **Impacts:**

- March 2026 is likely to bring mostly near- to slightly below-normal rainfall, leading to stable but limited moisture availability for Rabi crops.
- Due to the above normal temperature, the Rabi crops including wheat and barley may acquire early maturity.
- Near- to slightly below-normal rainfall and above-normal temperature is likely to support post-harvest drying and storage of rice, minimizing losses from residual moisture.
- The onset of the pollen season is anticipated to occur in the first week of March due to rising temperatures and reduced moisture in major cities (e.g. Islamabad/Rawalpindi and Lahore). This may result in respiratory problems in sensitive groups, particularly children and the elderly.
- Above-normal temperatures 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.
- In March, minimal fog is expected in the Punjab plains, northern Sindh, and southern Khyber Pakhtunkhwa due to drier-than-normal conditions and warmer nights. Poor visibility due fog will be reduced.
- Spatial temperature gradient may cause strong winds, dust storm, and hailstorm, potentially reducing visibility, damaging crops, and affecting infrastructure.
- Above-normal temperatures in March could increase the potential for early heat spikes and heatwave conditions.

**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.