



**REPUBLIC OF KENYA**  
**MINISTRY OF ENVIRONMENT, CLIMATE CHANGE AND FORESTRY**  
**KENYA METEOROLOGICAL DEPARTMENT**  
**BARINGO COUNTY**

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**MONTHLY FORECAST FOR MAY, OUTLOOK THE NEXT THREE MONTHS (MAY- JUNE-JULY) AND REVIEW OF APRIL 2026**

**1.0 SUMMARY**

**1.1 Monthly Forecast for May 2026**

The outlook indicates that near-average rainfall is likely to occur over the county. Mean temperatures are predicted to be warmer than average throughout the county.

**1.2 Outlook for the Next Three Months (May-June-July 2026)**

May marks the cessation phase of the long rains season in most parts of the country. Rainfall is expected to continue into June in this county. June is expected to be the beginning of the cold and wet season which will continue into July and August. Mean temperatures are likely to be warmer than average over most parts of the country.

**1.3 April 2026 Review:**

Rainfall was received in several parts of the county.

Mean temperatures were warmer than average in the county

**2.0 RAINFALL FORECAST FOR MAY 2026**

**2.1 May Rainfall Climatology**

Climatologically, May marks the cessation of the March-April-May ("Long Rains") rainfall season over most parts of the country because the main rain-producing zone near the equator (the Inter-Tropical Convergence Zone) shifts northwards as the sun moves into the Northern Hemisphere. This shift reduces moisture convergence over Kenya, weakening rainfall systems and allowing drier conditions to set in. However, in Baringo County the rains continues into June. (Figure 1). below shows long term average May climate for Baringo County.

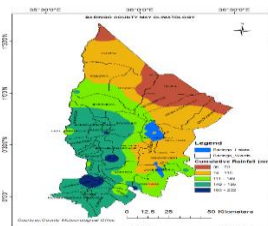


Fig. 1. Baringo May Climatology (1991-2020)

**2.2 Rainfall Forecast for May 2026**

The outlook indicates that near-average rainfall is likely to occur over the county (Figure 2). Rainfall is likely to be enhanced over much of the county during the first week of May. The enhanced rainfall may extend into the second week of May. Depressed rainfall is expected during the second half of the month. The distribution is as shown in figure 2. below.

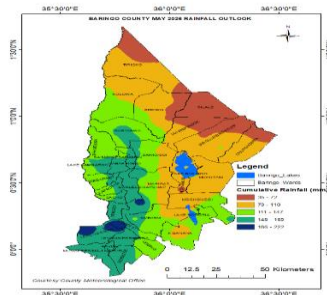


Fig.2. Baringo County May 2026 forecast.

### 3.0 TEMPERATURE FORECAST FOR MAY 2026

In May, Kenya’s mean temperatures reflect the combined effects of altitude, cloud cover from the long rains, and regional aridity. In Baringo County temperature ranges vary as indicated in the table below due persistent cloud cover and rainfall that limits daytime heating.

Maximum temperature range	Minimum temperature range
18°C to 31°C	09°C to 21°C

Table 1.

### 4.0 POTENTIAL SECTORAL IMPACTS OF THE MAY 2026 RAINS

#### 4.1 Agriculture

Continued heavy rainfall over the county is likely to worsen waterlogging, flooding of croplands, and physical damage to crops, while also increasing soil erosion and nutrient leaching.

#### 4.2 Water Resources and Flood Management

Water resources and flood-prone catchments may experience heightened pressure as rivers, dams and drainage systems in high-rainfall areas continue to receive significant inflows following wet conditions in April. Expected heavy rainfall in the first week of May increases the likelihood of river overflows, flash floods and prolonged inundation in low-lying and downstream areas.

#### 4.3 Transport and Infrastructure

Transport and infrastructure are likely to face persistent disruptions, in the county, where heavy early-May rainfall may further damage roads and bridges already weakened by prolonged wet conditions. Water-logged roads could increase travel delays and isolate communities.

#### 4.4 Health

Public health risks are likely to remain elevated as continued wet conditions favor the spread of water-borne diseases, contamination of water sources and expansion of mosquito breeding habitats, especially in areas expecting heavy rainfall early in May. Flood-affected settlements may face increased exposure to diarrheal diseases, cholera and malaria due to standing water and poor sanitation.

#### 4.5 Disaster Management and Humanitarian Response

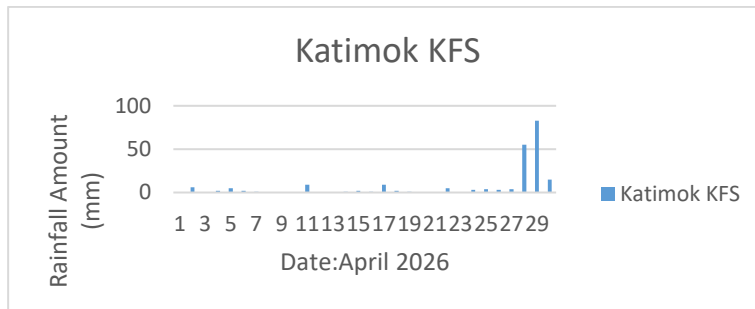
Expected heavy rainfall during the first week of May sustains the threat of flash floods, mudslides and displacement in already vulnerable areas. Emergency response systems may experience prolonged strain due to repeated incidents rather than isolated events, particularly in high-rainfall zones. In areas where near-average rainfall is expected, localized heavy storms may still trigger sudden emergencies despite otherwise moderate monthly totals.

### 5.0 OUTLOOK FOR MAY-JUNE-JULY

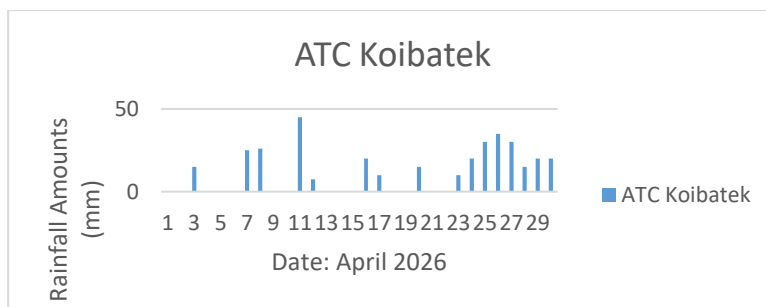
Rainfall is expected to continue into June in the county. However, this rainfall may be near average to below-average. June is the climatological start of the cold in Baringo County. During this month, several parts of the county likely to start experiencing cool and cloudy days. Both minimum and maximum temperatures are expected to start dropping over much of the county during this month. July is expected to be the peak of the cold and wet season. Minimum and maximum temperatures are expected to be lowest during this month. Mean temperatures in May-June-July 2026 are likely to be warmer than average throughout the country.

### 5.0 APRIL 2026 REVIEW

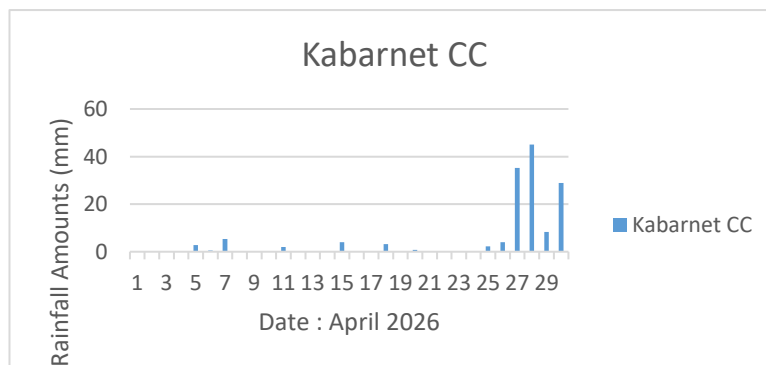
Rainfall was received in several parts of the county. Below is a time series of few sample stations in the county shown in graphs 1,2. and 3.



**Graph 1.**



**Graph 2.**



**Graph 3.**

N.B: This outlook should be used together with 7-day and special forecasts as well as regular updates/advisories issued by this Office. Please visit Website: <https://www.meteo.go.ke>. for more information or contact us through this contacts:

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