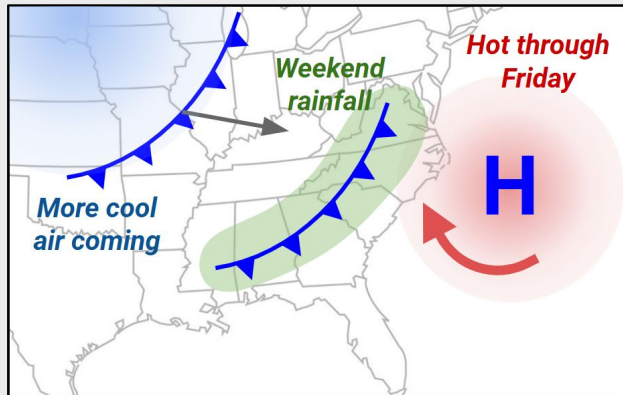


Short-Range Outlook for North Carolina

Week 1:

October 1 to 7, 2026



Cooldowns Coming



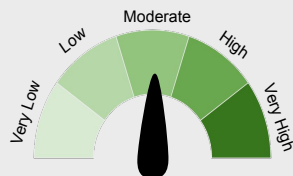
Temperatures will warm into the upper 80s or low 90s on Friday as high pressure sets up offshore, but we'll cool off as a front moves through on Saturday. A second cold front arriving early next week should drop our high temperatures into the 60s by Tuesday.

Wet This Weekend



Rain showers will develop along the frontal boundary on Saturday, with the best chances for heavy rain during the day on Sunday into early Monday. This should be a widespread soaking rain, with much of the state expected to receive at least two inches.

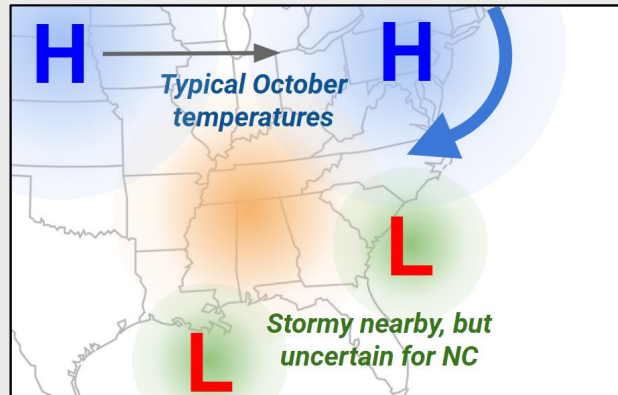
Forecast Confidence



Confidence has increased in recent days, but there's still some uncertainty on the coverage, timing, and exact rainfall amounts.

Week 2:

October 8 to 14, 2026

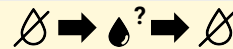


Feeling Like Fall



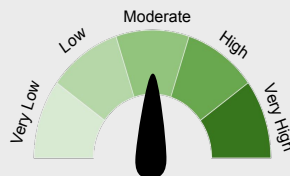
We should settle into a seasonable, fall-like weather pattern this week, with a pair of high pressure systems tracking to our north and funneling in some cooler air. High temperatures should generally be in the 70s with nighttime lows in the upper 40s to 50s.

Rain at Our Doorstep



The start and end of the week should be dry under high pressure. In between, we could see moisture moving in from the south associated with low pressure systems over the Gulf or along our coast. That could bring some rain by later next weekend.

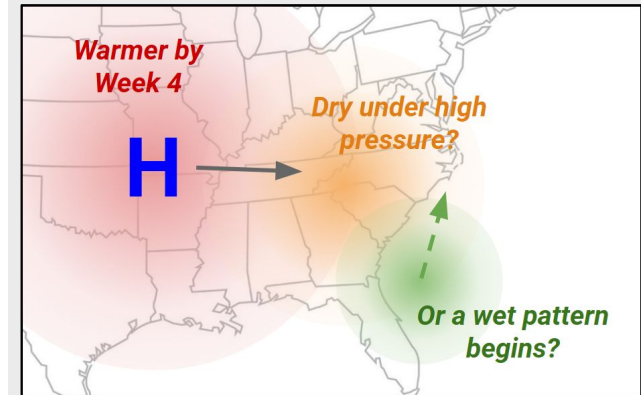
Forecast Confidence



Some recent forecast models haven't moved the moisture as far north as NC, so this has potential to be a drier week in that scenario.

Weeks 3-4:

October 15 to 28, 2026

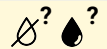


A Slight Warm-Up



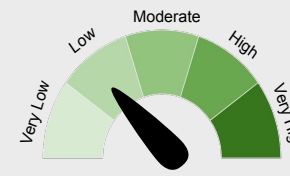
Expect more seasonable weather in Week 3 before high pressure over the central US shifts eastward, bringing slightly above-normal temperatures in Week 4. Despite the warm-up, the first fall freeze is still possible in western areas by the end of the month.

Uncertain Rainfall



Having high pressure directly overhead would mean mostly dry weather to end the month, but any northward or westward shifts could open the doors to more moisture and storm systems from the south, especially as El Niño's local effects begin to kick in.

Forecast Confidence



October could finish calm and dry, or see El Niño's awakening in our region with more regular rainfall. It's too soon to tell now.