WFP
World Food Programme

SAVING LIVES
CHANGING LIVES

Seasonal Monitoring in Cambodia

October 2025

KEY MESSAGES

Early October experienced below-average rainfall, followed by a period of above-normal precipitation during the last ten days of the month, resulting in flash flooding in the eastern provinces.

Land surface temperatures (LST) were generally below average, except in Stung Treng, Kratie, and Ratanak Kiri. During the first half of October, Banteay Meanchey and Pailin experienced heat stress (≥35°C).

During October, **water levels in major rivers and basins stayed above their historical averages**, while Tonle Sap Lake held a volume that was 5.0% higher than its typical level.

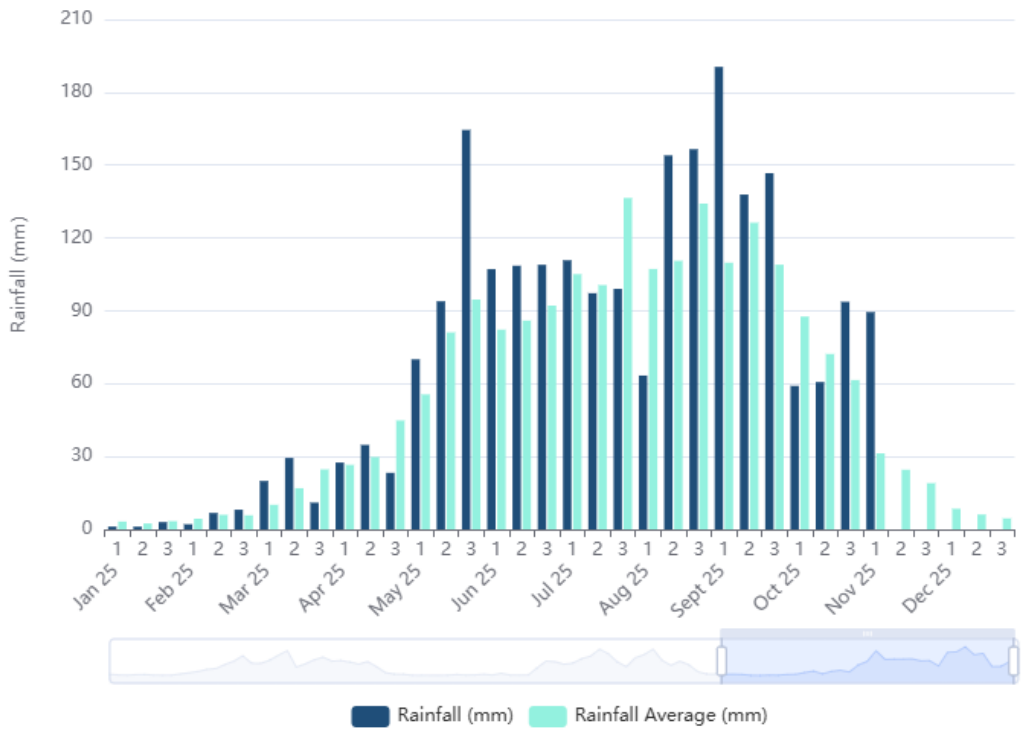
Root-zone soil moisture stayed normal, supporting wet-season crops, while floodplains near Tonle Sap and the Mekong saw slightly below-average vegetation in October.

The seasonal forecast for November to January 2026 indicates **cooler-than-average temperatures along with slightly wetter conditions than usual**. It is advisable to regularly monitor MoWRAM's daily or weekly updates to stay informed and manage any potential effects of cold weather during this period.

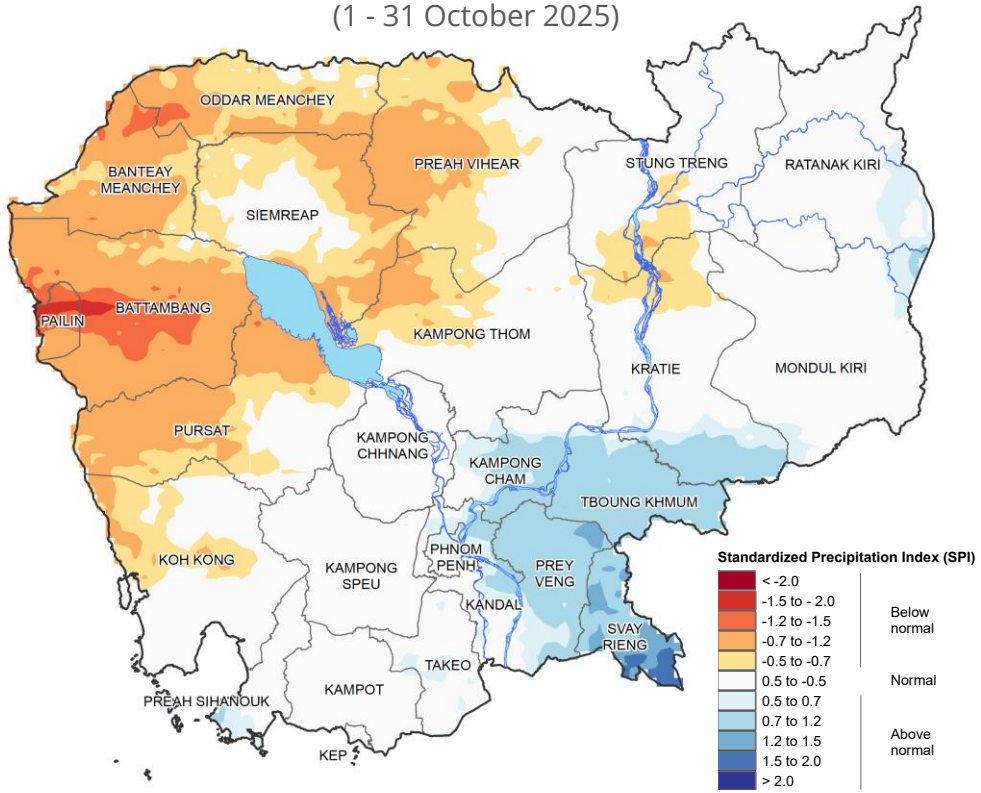
RAINFALL DISTRIBUTION

Following the unusually high rainfall in September, Cambodia experienced below-average rainfall during the first 20 days of October, followed by above-normal rainfall in the last 10 days *(see chart below, left).* Geographically, northern and western provinces recorded moderately lower rainfall than average, while the rest of the country—particularly the eastern provinces—received normal to above-normal rainfall *(refer to map below, right).* The intense rainfall during the final 10 days caused flash flooding in eastern provinces, including Stung Treng, Kratie, Mondulkiri, Tbong Khmum, Kampong Cham, and Prey Veng.

National-Average Rainfall Distribution
(From 1 January to 31 October 2025)



1-Month Standardized Precipitation Index (SPI)
(1 - 31 October 2025)



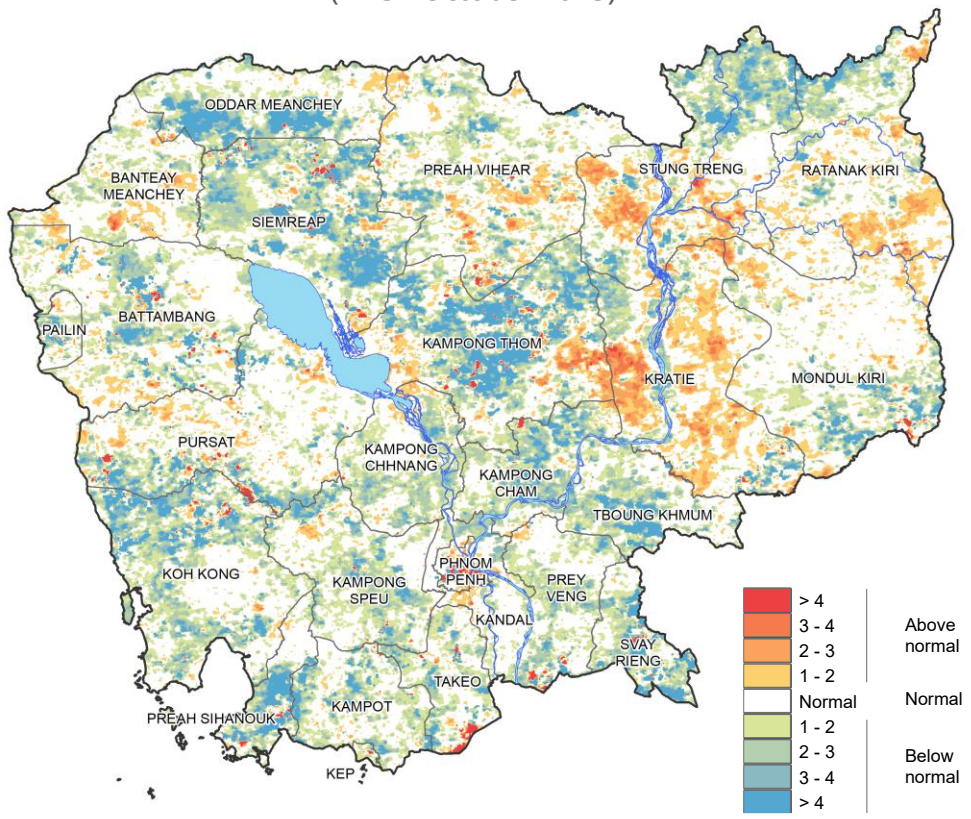
Source: Rainfall from CHIRPS and analysis by WFP.

TEMPERATURE PATTERN

Land Surface Temperatures (LST) in October were generally cooler than average across most provinces, except Stung Treng, Kratie, and Ratanak Kiri *(see map below, left)*. However, during the first 20 days, heat stress conditions (≥35°C) were notably pronounced in Banteay Meanchey and Pailin *(see maps below, right)*. No significant heat stress was recorded in other provinces or during the remainder of the month.

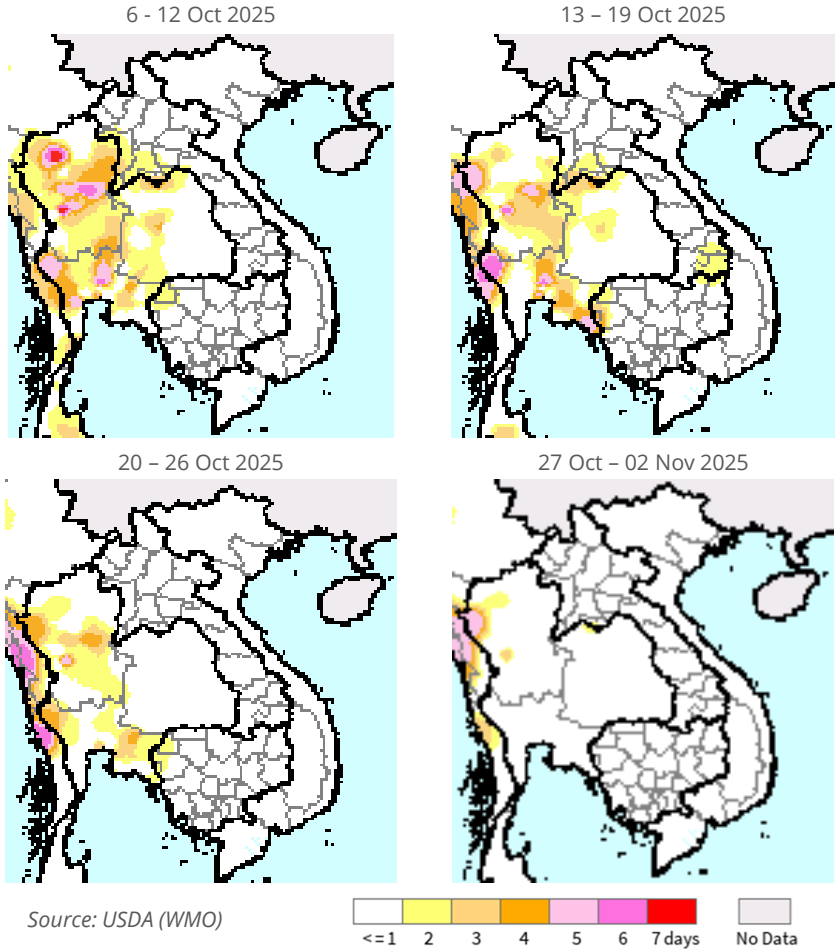
1-Month Land Surface Temperature (LST) Anomaly

(1 - 31 October 2025)



Source: LST from MODIS and analysis by WFP

Heat Stress Days (>= 35 °C)



Source: USDA (WMO)

RIVER WATER LEVELS

October marked the start of receding water levels. Water levels at all eight river monitoring stations remained below flood alert thresholds but above the long-term average throughout the month. This was likely influenced by above-normal rainfall in upstream catchments during September and late October, which caused flooding in low-lying communes along rivers and their basins.

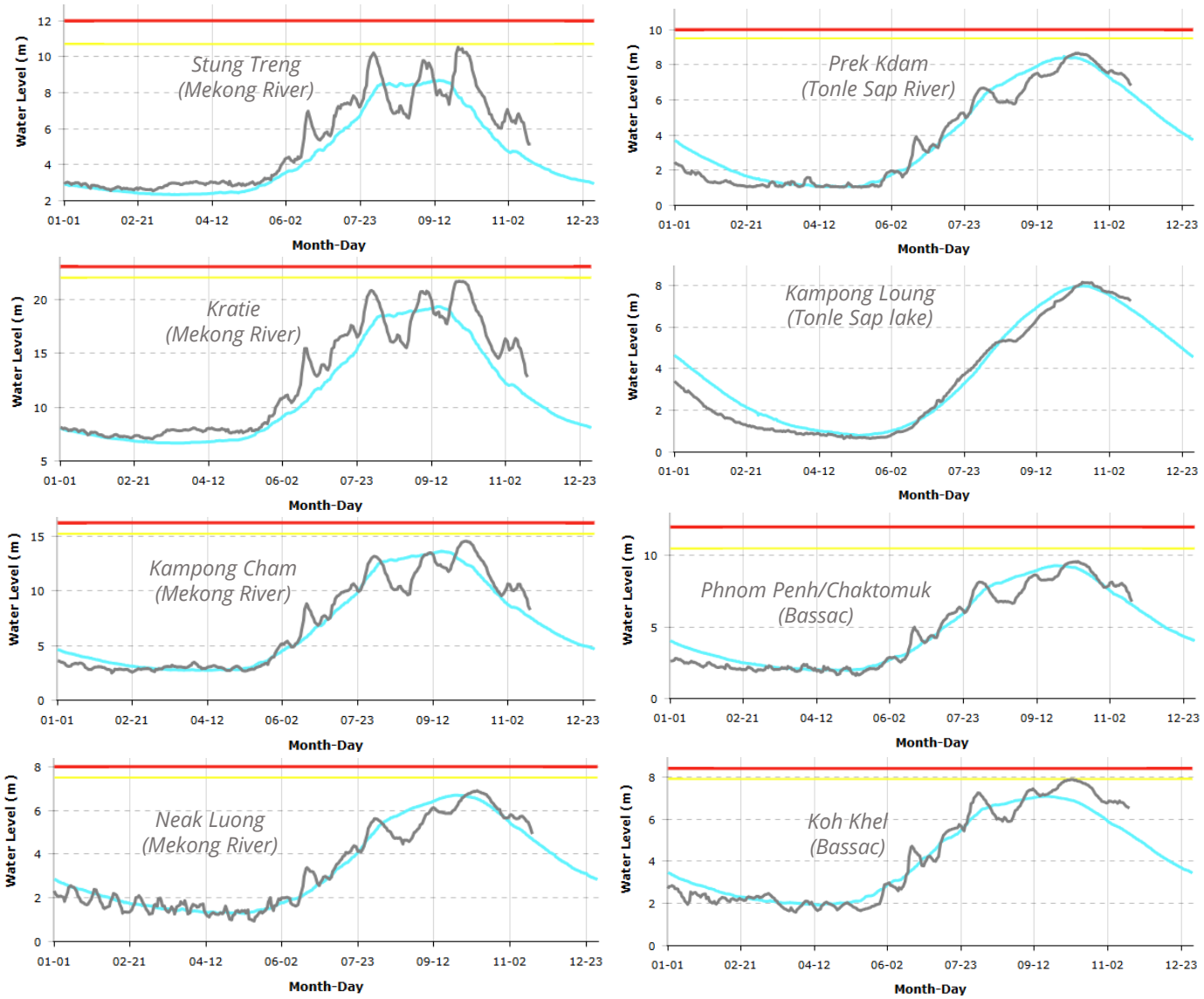
At Mekong River stations (Stung Treng, Kratie, Kampong Cham, Neak Luong), water levels surpassed the long-term average throughout October.

Water levels at Tonle Sap Lake/River stations (Kampong Loung, Prek Kdam) were slightly above the long-term average, with the lake's total volume about 5.0% higher than normal.

Bassac River stations (Phnom Penh, Koh Khel) reported above-average water levels.

River water level observed in 8 monitoring stations in Cambodia

(by 17 November 2025)

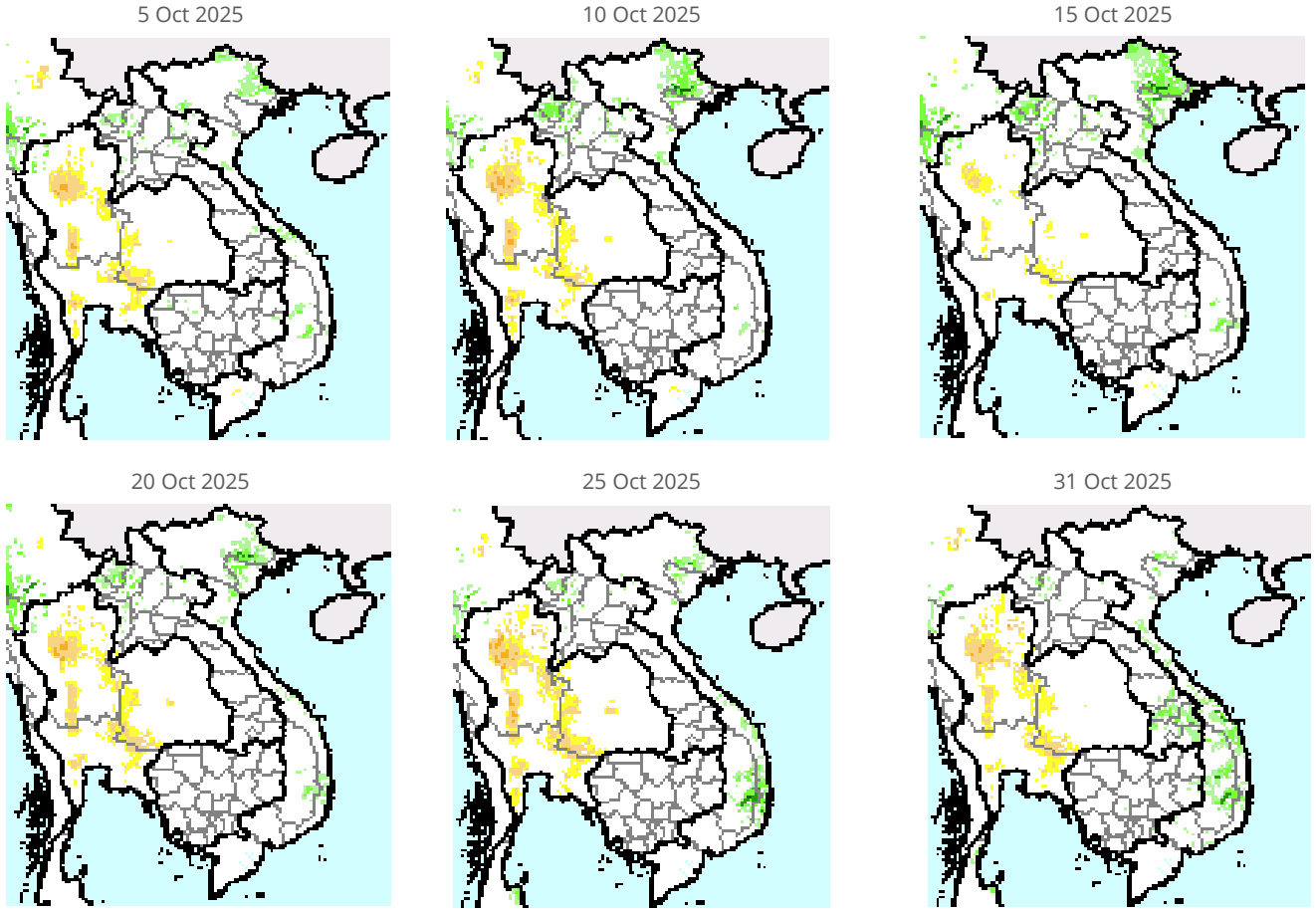


Source: MoWRAM's Department of Hydrology and River Works

SOIL MOISTURE CONDITIONS

Root-zone soil moisture (0–100 cm depth) remained near normal across most of Cambodia throughout October, thanks to sufficient rainfall in September *(see maps below)*. These conditions were favorable for wet-season crop growth.

Soil Moisture (Root zone: 0-100 cm) Anomaly



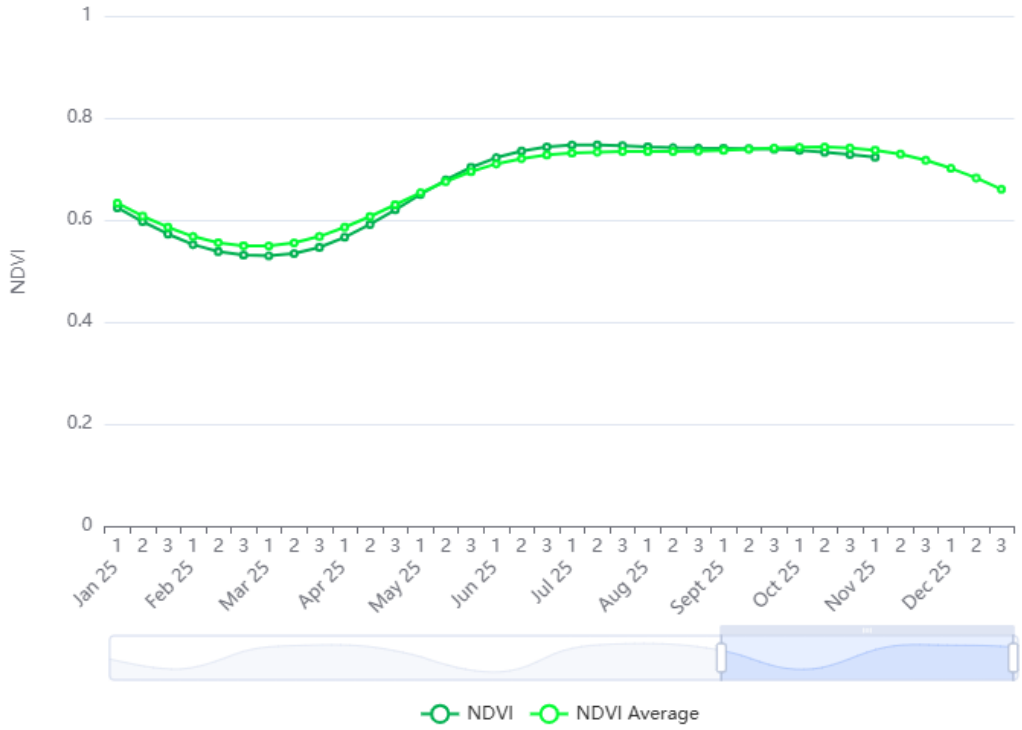
Source: USDA (NASA/GMAO SMAP)

VEGETATION AND CROP CONDITIONS

Nationwide, vegetation conditions in October were slightly below the long-term average *(see chart below, left)*. Below-average conditions were observed in areas surrounding the Tonle Sap Lake and Mekong River, likely due to flooding and waterlogging caused by heavy rainfall in the previous month *(see map below, right)*. Nevertheless, healthy vegetation persisted in wet-season crop cultivation areas across all provinces.

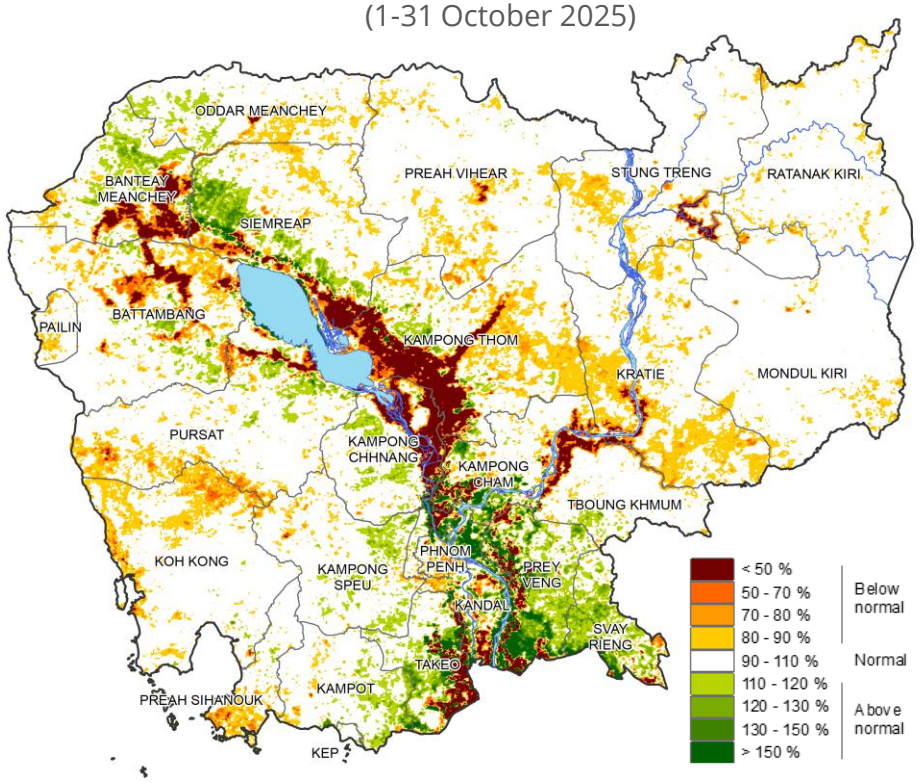
National-Average NDVI

(From 1 January to 31 August 2025)



1-Month NDVI Anomaly

(1-31 October 2025)

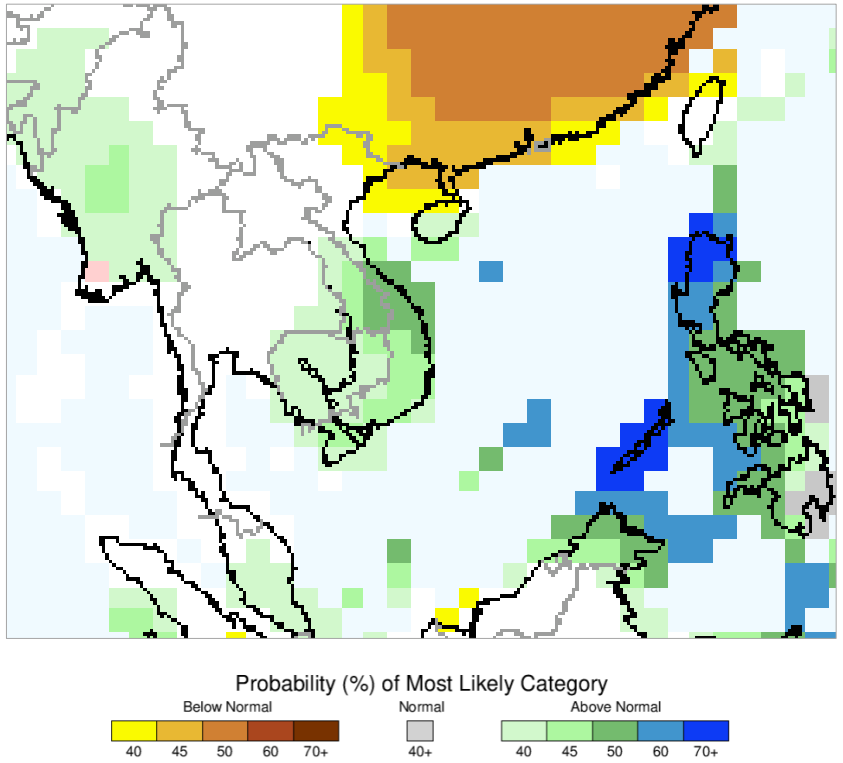


Source: NDVI from MODIS and analysis by WFP

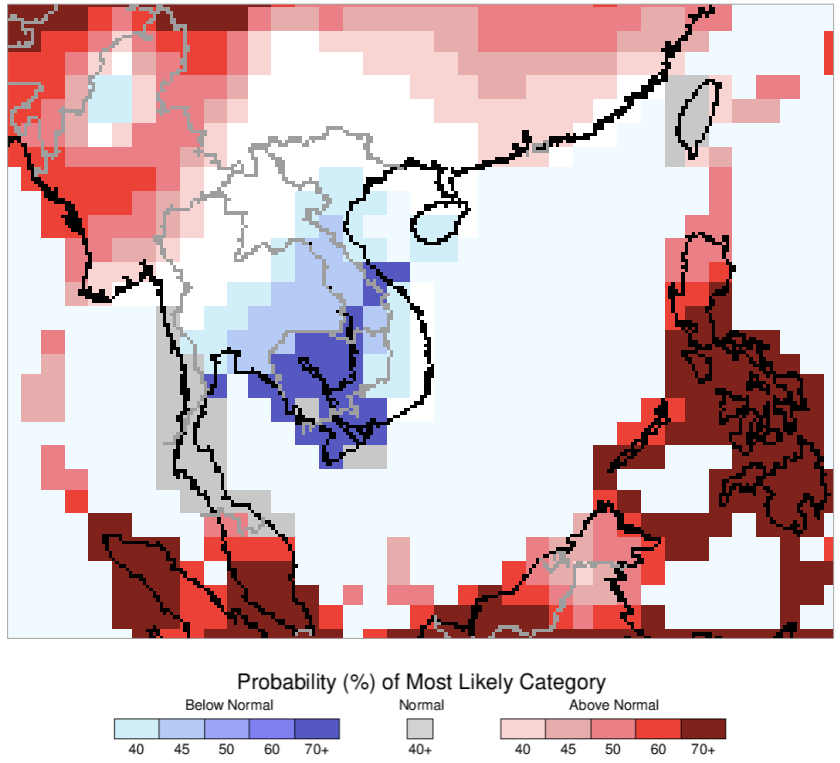
SEASONAL OUTLOOK

For the upcoming three months (November 2025 to January 2026), forecasts indicate a low likelihood of above-normal rainfall across most of Cambodia *(see map below, left)* and a high probability of below-normal temperatures *(see map below, right)*. These outlooks suggest that Cambodia is likely to experience cooler-than-usual weather with somewhat wetter conditions during this period.

Seasonal Rainfall Forecast for 3 Months
(From Nov 2025 -Jan 2026)



Seasonal Temperature Forecast for 3 Months
(From Nov 2025 -Jan 2026)



Source: International Research Institute for Climate and Society, Columbia University

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