



## BAHAMAS MARINE FORECAST

MARINE FORECASTS FOR THE BAHAMAS ISSUED BY THE BAHAMAS DEPARTMENT OF METEOROLOGY AT 12:00 P.M. EST WEDNESDAY, JUNE 17<sup>TH</sup>, 2026, FOR THE NEXT 24 HOURS. THE NEXT SCHEDULED FORECASTS WILL BE ISSUED AT 6:00 P.M. EDT.

**SPECIAL WARNINGS:** The **New Moon phase** will affect tidal ranges, which means **stronger tidal currents**, especially in or around waterways. Also, during low tides, shoals, dunes, and banks will be partially covered due to the phase, and the risk of running aground is much higher...  
**SEE HEAT ADVISORY BELOW:**

### COASTAL CONDITIONS-

**Atlantic exposed-** Minor during high tide

### RIP CURRENTS:

**North, Northwest & Central Bahamas: Low rip current risk** — Swimmers should remain vigilant.

**Southeast Bahamas: Moderate rip current risk**

**WARNING:** MARINE CONDITIONS:

### Atlantic exposed:

- **Southeast Bahamas:** Small craft should exercise caution.
- **Remaining Country:** None

### Open Waters, Nearshore & Sheltered:

- **Southeast Bahamas:** Small craft should exercise caution.
- **Remaining Country:** None

**GENERAL SITUATION:**

No significant changes are expected in the forecast, as a surface-to-mid-level high-pressure ridge remains anchored across the northern Bahamas. Marine conditions across the Little Bahama Bank and the northern Great Bahama Bank will remain relatively calm, with gentle to moderate southeast to south breezes prevailing. Across the remainder of the Great Bahama Bank, fresh breezes will create choppy seas, while Atlantic-exposed areas can expect rough marine conditions.

### **Outlook**

#### **Thursday & Friday:**

**OUTLOOK:**

Daytime heating and local sea-breeze interactions will provide sufficient moisture and instability to support the development of isolated showers and thunderstorms. However, strong subsidence (sinking air) aloft will limit convective growth, resulting in generally suppressed thunderstorm activity.

The overall weather pattern is expected to remain largely unchanged, with a surface-to-mid-level ridge continuing to dominate the region. Meanwhile, a weak upper-level trough will persist across the area, providing limited support for shower and thunderstorm development.

### NORTHERN BAHAMAS

(INCLUDING GRAND BAHAMA, ABACO, BIMINI & ADJACENT WATERS):

**ADVISORY:** *None...outside of any thunderstorm activity...*

**WINDS:** Southeast to south 10 to 15 knots today and 10 knots or less tonight...

**LOCAL SEAS:** All areas- less than 2 feet; the Atlantic exposed waters- 3 to 4 feet.

**GULF STREAM:** Less than 2 feet

**SWELLS:** Light east-southeast for the Atlantic exposed

**WEATHER:** Mostly to partly sunny with the slight chance for isolated showers and possible thunderstorms.

### NORTHWEST BAHAMAS

(INCLUDING NEW PROVIDENCE, ANDROS, THE BERRY ISLANDS, ELEUTHERA & ADJACENT WATERS):

**ADVISORY:** *None...outside of any thunderstorm activity...*

**WINDS:** Southeast 10 knots today becoming east tonight...

**LOCAL SEAS:** All areas- less than 2 feet; the Atlantic exposed waters- 3 to 4 feet.

**SWELLS:** Light east-southeast for the Atlantic exposed

**WEATHER:** Mostly to partly sunny with the slight chance for isolated showers and possible thunderstorms.



**CENTRAL BAHAMAS**  
(INCLUDING EXUMA, CAT ISLAND, LONG ISLAND, SAN SALVADOR, RUM CAY & ADJACENT WATERS):

**ADVISORY:** *None...outside of any thunderstorm activity...*  
**WINDS:** East to southeast 10 to 15 knots today becoming 15 knots tonight with higher gusts...  
**LOCAL SEAS:** All areas- less than 2 feet; Crooked Island passage- 2 to 3 feet; the Atlantic exposed waters- 3 to 4 feet.  
**SWELLS:** Light east-southeast for the Atlantic exposed  
**WEATHER:** Mostly to partly sunny with the slight chance for isolated showers and possible thunderstorms

**SOUTHEAST BAHAMAS**  
(INCLUDING INAGUA, ACKLINS, CROOKED ISLAND, MAYAGUANA, RAGGED ISLAND & ADJACENT WATERS):

**ADVISORY:** *Small craft should exercise caution...Winds and seas will be higher due to thunderstorm activity.*  
**WINDS:** East 15 knots today becoming 15 to 20 knots with gusts knots tonight...  
**LOCAL SEAS:** Sheltered areas- 1 to 3 feet; open waters & all passages- 3 to 4 feet; the Atlantic exposed waters- 4 to 5 feet.  
**SWELLS:** Light to moderate east of open waters; moderate east-southeast for the Atlantic exposed  
**WEATHER:** Mostly to partly sunny with the slight chance for isolated showers and possible thunderstorms

<b>MOONRISE:</b>	<b>MOONSET:</b>
10:03 AM <sub>THU</sub>	10:50 PM
<b>MOON PHASE</b>	
Waxing Crescent	
First Quarter Moon - Sunday, June 21 <sup>st</sup> , 2026, at 5:55 PM.	

ISLAND TIDES:	NORTHERN (GRAND BAHAMA):	NORTHWEST (NEW PROVIDENCE):	CENTRAL (EXUMA):	SOUTHEAST (INAGUA):
<b>LOW TIDE:</b>	4:23 PM	4:21 PM	4:14 PM	4:43 PM
<b>HIGH TIDE:</b>	10:55 PM	10:46 PM	10:48 PM	10:46 PM
<b>LOW TIDE:</b>	05:35 AM <sub>THU</sub>	05:33 AM <sub>THU</sub>	05:26 AM <sub>THU</sub>	05:53 AM <sub>THU</sub>
<b>HIGH TIDE:</b>	11:22 AM <sub>THU</sub>	11:13 AM <sub>THU</sub>	11:15 AM <sub>THU</sub>	11:29 AM <sub>THU</sub>

*(For specific times for other islands, please see Tide Table Publication.)*

**TROPICAL WEATHER OUTLOOK:**  
**Official Hurricane Season:** June 1 – November 30, 2025.  
 At 700 AM CDT (1200 UTC), the **disturbance** was centered near 28.3N 96.2W moving toward the northeast near 7 mph and an increase in forward speed is expected today. On the forecast track, the low-pressure area should move northeastward along the Texas coast today and then move inland over southwestern Louisiana by tonight. Surface observations indicate the maximum sustained winds are near 30 mph with higher gusts. Some strengthening is forecast, and the disturbance could become a tropical storm today. Weakening is anticipated once the low moves inland, and it could dissipate by tonight or early Thursday.  
 Elsewhere, the tropical is quiet and tropical cyclone formation is not expected for the next 7 days.



**EXTENDED FORECAST FOR THE BAHAMAS FOR THURSDAY, JUNE 18<sup>TH</sup>, 2026:**

**ADVISORY:** Entire Bahamas: Light risk for thunderstorm activity

**WINDS:** North Bahamas- South 10 to 15 knots becoming southeast 10 to 15 knots overnight.  
Northwest & Central Bahamas – Southeast 10 to 15 knots becoming east to southeast 10 to 15 knots overnight.  
Southeast Bahamas - East 15 knots becoming 15 to 20 knots overnight with higher gusts

**SEAS:** North, Northwest to Central Bahamas – Sheltered areas & Gulf Stream- less than 2 feet; Northeast Providence Channel, Exuma Sound – 2 to 3 feet; Crooked Island & Atlantic exposed waters–3 to 4 feet  
Southeast Bahamas – Sheltered areas- 2 to 3 feet; open waters & all passage- 3 to 4 feet; and the Atlantic exposed waters- 4 to 5 feet

**SWELLS:** Entire Bahamas: Light to moderate east-southeast swells for the Atlantic waters.  
Southeast Bahamas: Light east swells for the open waters.

**PRECIPITATION:** Entire Bahamas: Low risk for showers and possible thunderstorms.

**EXTENDED FORECAST FOR THE BAHAMAS FOR FRIDAY, JUNE 19<sup>TH</sup>, 2026:**

**ADVISORY:** Entire Bahamas: Light risk for thunderstorm activity

**WINDS:** North Bahamas- South 10 to 15 knots becoming southeast 10 to 15 knots overnight.  
Northwest Bahamas – Southeast 10 to 15 knots becoming east to southeast 10 to 15 knots overnight.  
Central & Southeast Bahamas - East 15 knots becoming 15 to 20 knots overnight with higher gusts

**SEAS:** North, Northwest to Central Bahamas – Sheltered areas & Gulf Stream- less than 2 feet; Northeast Providence Channel, Exuma Sound – 2 to 3 feet; Crooked Island & Atlantic exposed waters–3 to 4 feet  
Southeast Bahamas – Sheltered areas- 2 to 3 feet; open waters & all passage- 3 to 4 feet; and the Atlantic exposed waters- 4 to 5 feet

**SWELLS:** Entire Bahamas: Light to moderate east-southeast swells for the Atlantic waters.  
Southeast Bahamas: Light east swells for the open waters.

**PRECIPITATION:** Entire Bahamas: Low risk for showers and possible thunderstorms.

**THE BAHAMAS DEPARTMENT OF METEOROLOGY**  
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**FORECASTER:** TT

*(Please view our products on our Bahamas Meteorology Facebook Page or our website, met.gov.bs.)*

*We value your feedback! Please click this link <https://forms.gle/i53xH73geVH8Dz7n8> to fill out our survey; designed to gather insights on the accuracy, accessibility and usefulness of The Bahamas Department of Meteorology's **marine weather products**. The survey will take only a moment of your time to complete and your input will directly contribute to enhancing our services. Thank you!*



# HEAT HEALTH BULLETIN

UPDATED: 15TH JUNE 2026



## REGION AFFECTED

The Northern and Northwest Bahamas are currently experiencing an **EXCESSIVE Heat Wave.**

Expect the Heat Index to be between 102° - 110°F in **New Providence, Grand Bahama, Abaco, Bimini, The Berry Islands, Andros and Eleuthera.**

**Note:** The heat index is not the actual temperature, it is how the body will interpret the temperature.



## HEAT METER



### HEAT EXHAUSTION

- Thirst • Dizziness
- Weakness • Nausea
- Heavy Sweating

#### ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve



### HEAT STROKE

- Confusion
- Dizziness
- Becomes Unconscious

#### CALL 919 OR 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

Heat Exhaustion can lead to heat stroke.

Heat Stroke can cause death or permanent disability if emergency treatment is not given.

## MOST VULNERABLE GROUPS

- Persons on prescription medications
- Displaced Individuals
- Pregnant
- Elderly
- Children
- Pets

## RECOMMENDATIONS

- Check on others
- Consult Doctor if unwell
- Stay Hydrated
- Protect yourself from The heat

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