

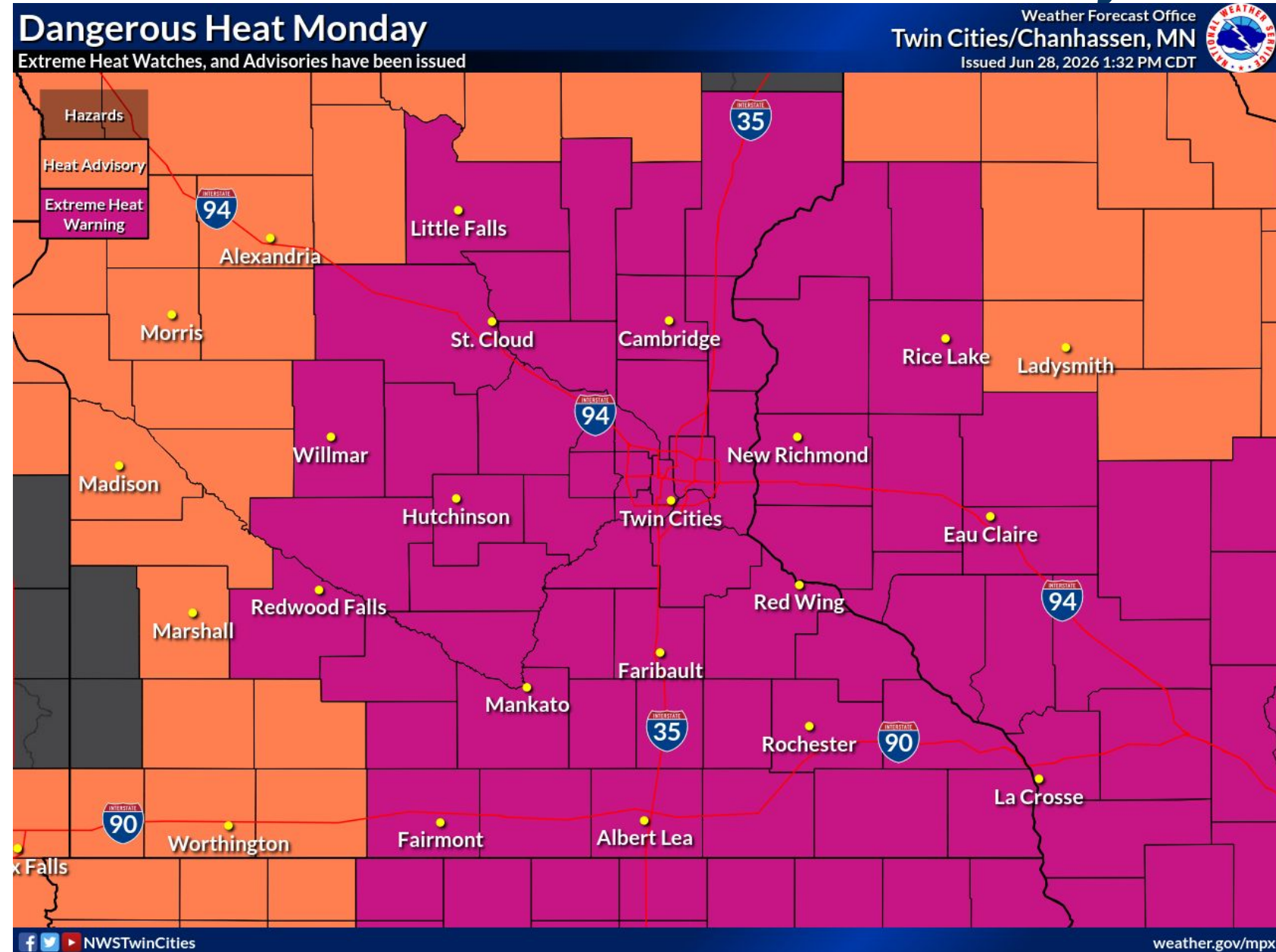
Heat Key Messages

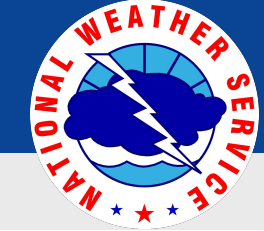
- **TODAY Extreme Heat Warning** across much of Minnesota and Wisconsin. Heat indices at least 105F (Twin Cities Metro, at least 100F).
- **TODAY Heat Advisory** for far western MN and northern WI for heat indices of at least 100F.
- Looking ahead, heat indices near 100F continue through much of the week, but if thunderstorms develop, temperatures and heat index values will be lower.
- Many areas will see limited overnight relief, with minimum temperatures only in the low to mid 70s.

Next Planned Update

Monday Afternoon.

Extreme Heat Headlines Monday





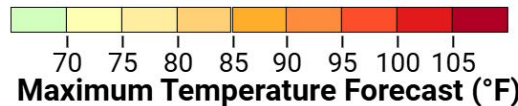
Extreme Heat This Week

June 29, 2026
8:53 AM

Heat indices approaching mid to upper 100s Monday with little day-to-day relief

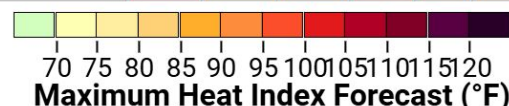
Maximum Temperature (°F) Forecast

	6/29	6/30	7/1	7/2	7/3	7/4	7/5	7/6
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon
Albert Lea	92	92	90	89	87	86	81	83
Alexandria	90	84	86	88	85	82	78	83
Eau Claire	92	90	91	90	88	87	83	84
Fairmont	93	91	90	89	87	87	82	83
Hutchinson	91	88	88	88	85	85	80	83
Ladysmith	91	89	87	87	85	85	80	82
Little Falls	91	86	88	89	85	84	79	83
Madison	95	89	90	92	89	86	81	87
Mankato	93	91	92	91	89	89	83	86
Marshall	94	91	88	89	88	87	81	84
Mora	92	87	88	89	85	84	79	83
Red Wing	94	91	90	90	86	86	82	84
Redwood Falls	94	91	90	90	87	87	81	85
Saint Cloud	92	88	88	90	87	85	80	84
Saint Croix Falls	93	90	89	89	86	85	79	83
Twin Cities	94	91	90	91	88	87	81	85
Willmar	93	88	88	89	86	85	80	84



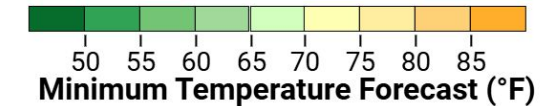
Maximum Heat Index (°F) Forecast

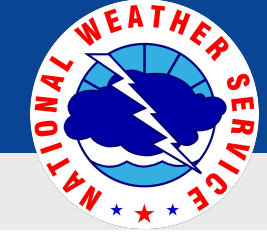
	6/29	6/30	7/1	7/2	7/3	7/4	7/5	7/6
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon
Albert Lea	106	101	97	97	93	92	84	84
Alexandria	101	84	88	90	87	85	78	83
Eau Claire	107	101	99	98	95	93	85	85
Fairmont	107	96	94	94	92	91	84	84
Hutchinson	105	90	95	94	91	90	82	84
Ladysmith	105	97	91	92	89	88	82	83
Little Falls	103	85	92	92	88	87	81	83
Madison	105	87	92	94	90	88	82	86
Mankato	107	96	99	98	95	95	85	87
Marshall	105	91	92	93	92	91	82	85
Mora	105	88	93	93	89	87	79	84
Red Wing	109	100	96	96	91	91	84	85
Redwood Falls	109	92	97	97	94	93	83	87
Saint Cloud	106	88	93	94	91	89	82	85
Saint Croix Falls	107	96	94	94	91	90	81	84
Twin Cities	107	96	96	96	94	92	83	86
Willmar	106	88	94	95	91	90	82	85



Minimum Temperature (°F) Forecast

	6/29	6/30	7/1	7/2	7/3	7/4	7/5	7/6
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon
Albert Lea	76	74	73	73	71	71	68	65
Alexandria	70	65	65	64	67	68	65	61
Eau Claire	70	74	70	72	70	68	68	64
Fairmont	75	72	72	71	71	71	68	64
Hutchinson	74	69	67	68	69	70	67	63
Ladysmith	69	72	66	67	66	65	63	59
Little Falls	70	66	63	63	67	67	64	60
Madison	73	67	66	65	68	70	66	62
Mankato	77	73	71	73	73	73	70	66
Marshall	73	67	67	67	70	71	67	64
Mora	69	67	63	64	65	64	63	59
Red Wing	75	73	71	71	70	69	67	64
Redwood Falls	74	69	68	68	70	71	67	63
Saint Cloud	70	68	66	66	68	68	67	61
Saint Croix Falls	72	71	66	68	68	68	66	61
Twin Cities	75	73	72	71	71	72	70	66
Willmar	73	68	66	67	69	70	67	63





Severe Storm Risk Today

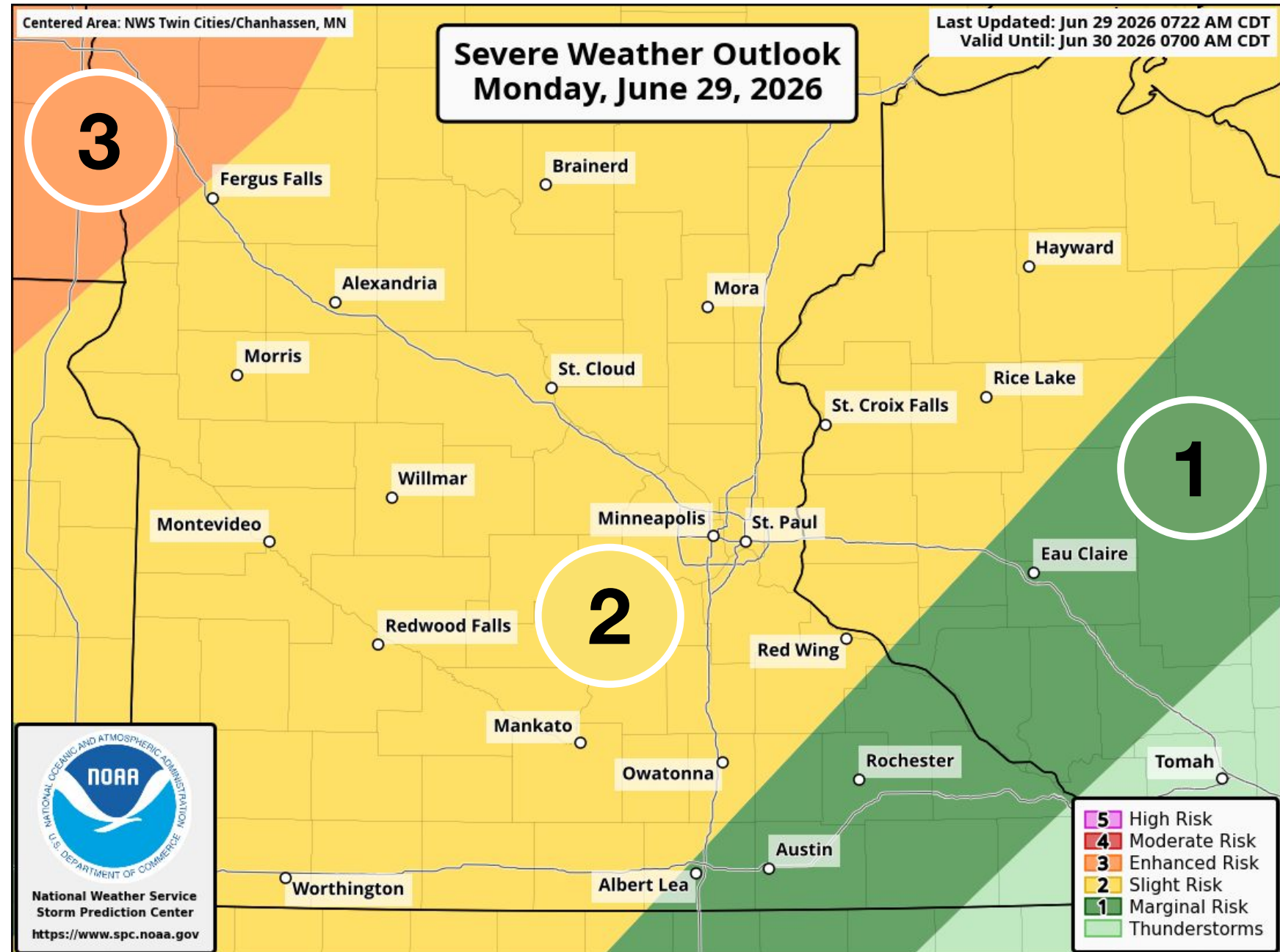
June 29, 2026
8:53 AM

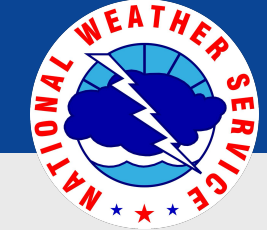
Thunderstorm Key Messages

- **Slight Risk** for severe storms across central & northern MN, and portions of western WI.
- Main threat is large hail and damaging wind gusts, but a tornado or two cannot be ruled out.
- A few storms could also produce heavy rain.

Timing

Late this afternoon into tonight



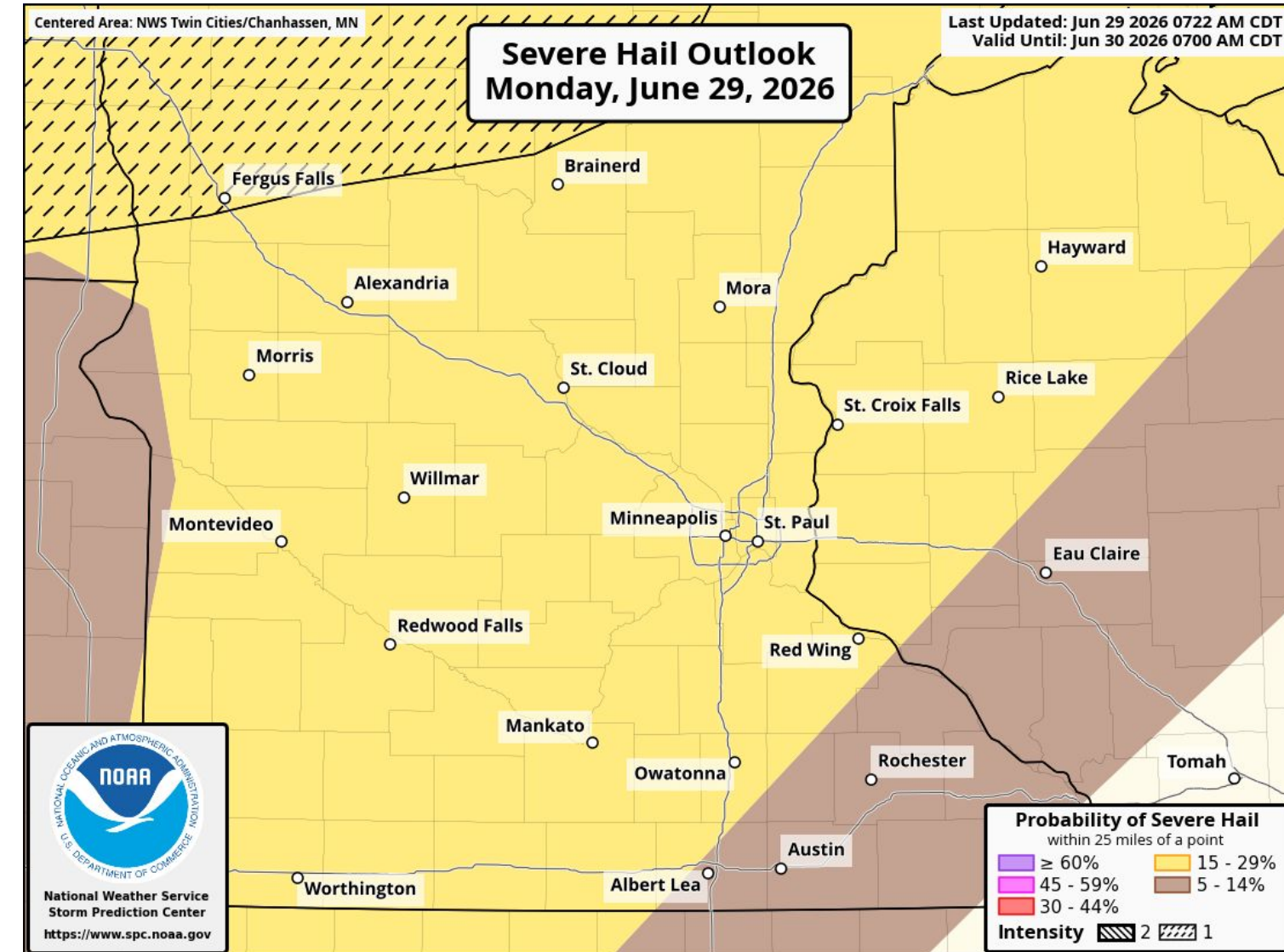
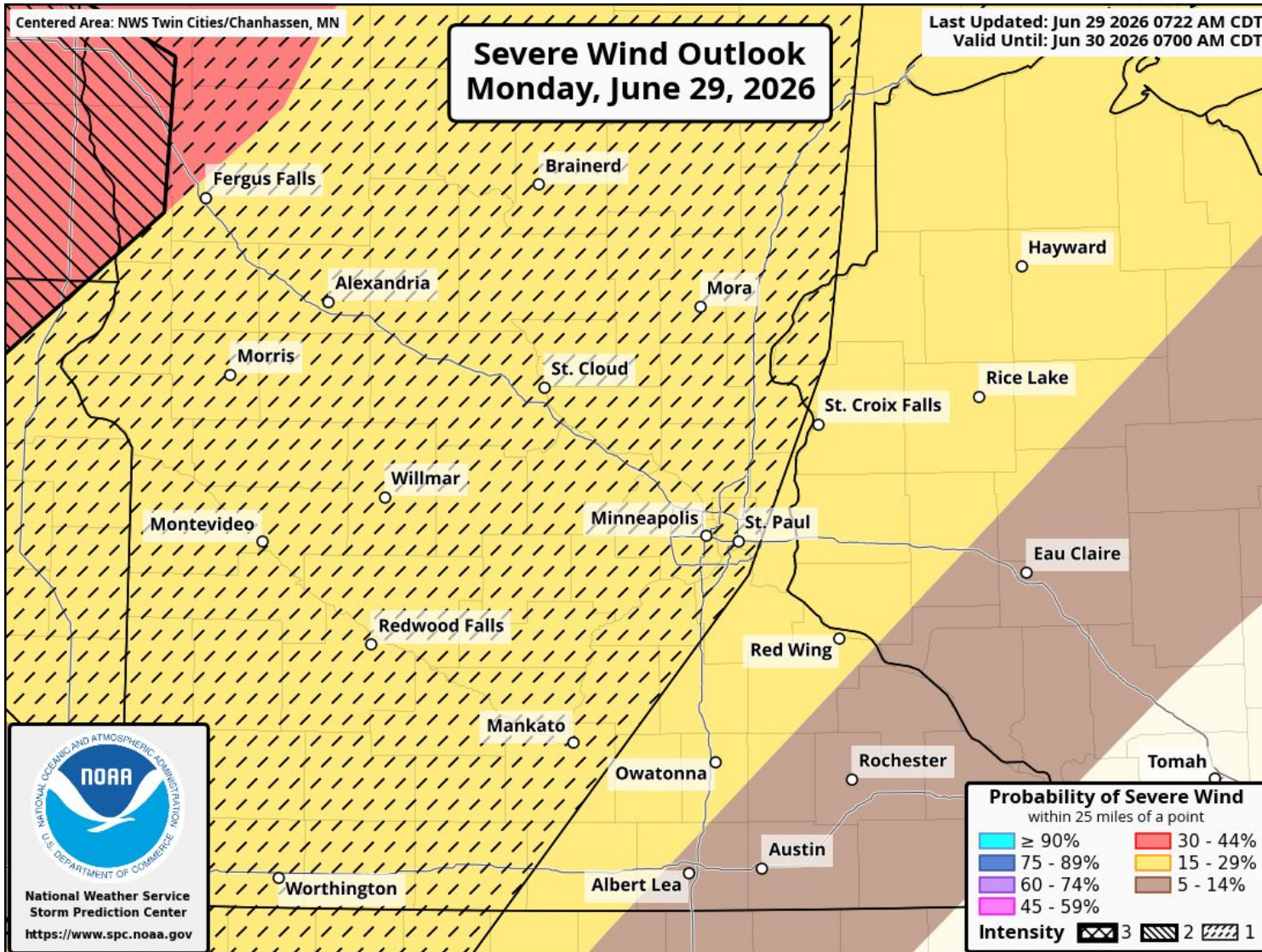


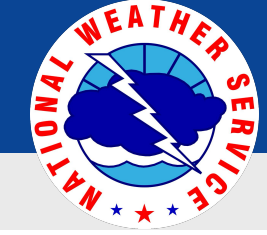
Severe Wind and Hail Outlook

June 29, 2026
8:53 AM CDT

Primary hazards this today are large hail and damaging wind gusts, a tornado is possible

The black hatching indicates locations that have the strongest wind and largest hail potential.





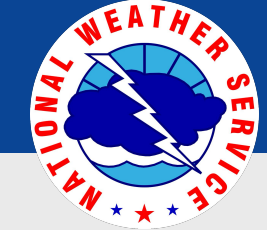
Thunderstorm Chances This Week

June 29, 2026
8:53 AM

Key Messages

- Rain and thunderstorm chances continue daily through at least the middle of the week.
- The features driving these storms are small and subtle, so exact timing will depend on day to day storm interactions.
- Clouds and rain from the storms will also impact high temperatures.





Practice HEAT SAFETY Wherever You Are

Heat related deaths are preventable.
Protect yourself and others from the
impacts of heat waves.



Job Sites

Stay hydrated and
take breaks in the shade
as often as possible.



Indoors

Check up on the
elderly, sick and those
without AC.



Vehicles

Never leave kids or
pets unattended -
LOOK before you LOCK



Outdoors

Limit strenuous outdoor
activities, find shade,
and stay hydrated.



Extreme Heat Planning Timeline

Pre-Season

Start planning before hot weather arrives.

- ✓ Build an emergency kit
- ✓ Make a plan for power outages
- ✓ Become trained in first aid for heat-related emergencies
- ✓ Check that your A/C and fans are in working order

A Few Days Out

If the forecast calls for extreme heat, be ready.

- ✓ Gather food, water, and medication
- ✓ Make a list of friends and family to check on & help them prepare
- ✓ Know your local cooling shelters or other cool locations
- ✓ Reschedule outdoor events

During and After

Remain vigilant and stay informed.

- ✓ Stay in air conditioning and out of the sun if possible
- ✓ Check on friends, family, neighbors, and pets
- ✓ Drink plenty of water
- ✓ Take breaks and use a buddy system if working outdoors