

## SUPPLEMENTARY MATERIAL: Calculation of equivalent air speed ( $V_{eq}$ )

Airspeed of each bird tracking was normalized by flight altitude to produce equivalent air speed ( $V_{eq}$ ), following the method of Pennycuick (1989) according to

$$V_{eq} = V_a * \sqrt{\frac{\rho_T}{\rho_0}}, \quad (1)$$

where  $V_a$  is the true airspeed,  $\rho_T$  is the actual air density at the current flight altitude and  $\rho_0$  is the standard air density at sea level, 1.226 kg/m<sup>3</sup>. Actual air density ( $\rho_T$ ) was estimated as

$$\rho_T = \rho_0 * \left( \frac{P_T}{P_0} \right), \quad (2)$$

assuming a temperature of 15° C, where  $P_T$  is the pressure at the flight altitude and  $P_0$  is the standard atmospheric pressure, 1013.25 hPa. The pressure at the flight altitude ( $P_T$ ) was estimated as

$$P_T = P_0 \left( 1 - \left[ \frac{0.0065 * h}{273 + T} \right] \right)^{4.256}, \quad (3)$$

where  $h$  is the flight altitude of the bird and  $T$  is the temperature (here assumed to be 15° C; Pennycuick 1989).

### References

Pennycuick, C. J. 1989 *Bird flight performance – A practical calculation manual*. Oxford University Press, Oxford, UK.