Table S1. Raw data values of physiological traits measured for heat tolerance [body temperature  $(T_b)$ , resting metabolic rate (RMR), evaporative water loss (EWL), ratio of evaporative heat loss to metabolic heat production (EHL/MHP)] and their associated air temperatures  $(T_a)$  for thick-billed murres (n=10). The total body mass of murres was measured before (mass 1) and after (mass 2) each heat tolerance run.

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