Table S1. Individual Oxygen isotope values of body water and the estimated d18O of ingested water collected from acclimated *Zonotrichia capensis* in the lab and for *Cinclodes* species collected at the field.

|  |  |  |
| --- | --- | --- |
| ***Z. capensis*** | Cold | Warm |
| Individual | ' 17O | ' 18O | Drink  18O | ' 17O | ' 18O | Drink  18O |
| 3 | -3.23 | -5.91 | -15.40 | -3.80 | -7.04 | -15.19 |
| 11 | -1.15 | -2.02 | -8.64 | 0.42 | 0.92 | -3.83 |
| 8 | -2.24 | -4.05 | -12.71 | -1.01 | -1.78 | -7.50 |
| 10 | -2.92 | -5.33 | -14.71 | -1.77 | -3.16 | -11.24 |
| 12 | -1.16 | -1.97 | -11.41 | -1.12 | -1.91 | -10.61 |
| Mean±SD | -2.14±0.97 | -3.86±1.83 | -12.67±2.71 | -1.46±1.53 | -2.59±2.90 | -9.67±4.26 |
| ***C. nigrofumosus*** |  |  |
|  | ' 17O | ' 18O | Drink  18O |
|  | 5.02 | 9.71 | 6.12 |
|  | -0.43 | -0.679 | -5.70 |
| Mean±SD | 2.295±3.85 | 4.52±7.35 | 0.21±8.32 |
| ***C. oustaleti*** |  |
|  | 2.07 | 4.152 | -2.65 |
|  | 2.88 | 5.68 | -0.68 |
|  | 2.39 | 4.72 | -0.95 |
|  | 1.69 | 3.36 | -1.32 |
| Mean ±SD | 2.26±0.51 | 4.48±0.98 | -1.40 ±0.87 |