

Table S1: Summary of dose recovery experiments conducted on the OSL samples in this study. The administered doses approximate the measured natural D_e .

Sample	Site	Dose given (Gy)	Preheat combination (°C)	N	Mean ratio of administered: recovered dose
Shfd05019	Cape Agulhas raised gravel beach	40.0	200 preheat 10 s 160 cut heat 0 s	6	1.04 ± 0.06
Shfd05047	Hoë Walle eolianite	61.0	200 preheat 10 s 180 cut heat 0 s	8	1.01 ± 0.07
Shfd05039	Swartvlei Estuary eolianite	73.0	220 preheat 10 s 160 cut heat 0 s	4	1.03 ± 0.05
Shfd05038	Swartvlei Estuary eolianite	146.0	220 preheat 10 s 160 cut heat 0 s	3	1.01 ± 0.01
Shfd04288	Swartvlei Estuary tidal inlet facies	90.0	200 preheat 10 s 160 cut heat 0 s	11	1.07 ± 0.06
UoW-234	Swartvlei Estuary tidal inlet facies	87.8	240 preheat 10 s 220 cut heat 5 s	5	1.03 ± 0.03
UoW-232	Groot Brak eolianite	52.7	240 preheat 10 s 220 cut heat 5 s	6	1.02 ± 0.09