



Figure 1S. Individual differences in meal quantity (a) and composition of prey items (b: krill; c: fish; d: amphipods) between colonies (ns: not significant; *: significant). Boxplots show median (thick line), interquartile range (box), range (whiskers) and outliers (dots).

Table S1. Breeding chronology recorded in our study nests from Inexpressible Island (InIs) and Edmonson Point (EdPo) for 2000/01 summer season.

		InIs	EdPo
Laying	start	05/11/00	08/11/00
	end	27/11/00	23/11/00
Hatch	start	12/12/00	09/12/00
	end	31/12/00	30/12/00
Creche	start	04/01/01	05/01/01
	2/3	11/01/01	14/01/01
	end	21/01/01	21/01/01
Fledge	start	01/02/01	01/02/01