**Supplementary table 1. Anthropometric changes during the expedition.**

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|  | **Pre-expedition** | **Post-expedition** |
|  | **Visit pre-1***(-64 days)* | **Visit pre-2** *(-39 days)* | **- 16 days** | **+1 day** | **Visit post-1***(+5 days)* | **+ 10 days** | **Visit post-2***(+15 days)* | **+ 18 to 24 days** |
| BMI, kgm-2 Mean (SD) [range] | 24.2 (0.97)[22.8 - 25.45]  | 24.9 (1.24) [23.11 - 26.72]  | 25.0 (1.11) [23.48 - 26.73] | 21.7 (1.23) [19.68 - 22.91] | 22.3 (1.03) [20.59 - 23.27] | 22.3 (1.17) [20.37 - 23.53] | 22.4 (1.02) [20.56 - 23.42] | 22.7 (1.02) [20.81 - 23.72] |
| Body mass, kgMean (SD) [range] | 70.47 (4.51) [62.7 - 74.2] | 72.6 (1.75) [65.85 - 76.83] | 72.8 (3.99) [65.8 - 77.2] | 63.2 (4.74) [55.5 - 68.4] | 64.9 (4.20) [58.0 - 69.2] | 65.0 (4.03) [58.4 - 68.9] | 65.3 (4.21) [58.3 - 69.1] | 66.2 (4.11) [59.5 - 69.7] |
| % fat, DXAmean (SD) | 20.92 (2.12) [19.2 to 25.4] | 24.97 (2.39) [23.3 to 30.3] |  |  |  |  | 19.02 (1.28) [17.2 to 20.4] |  |
| % fat, skinfoldmean (SD) |  |  | 31.0 (2.0) [0.28 - 0.33] |  | 23.0 (1.0) [0.21 - 0.24] |  |  |  |
| %fat, BIAmean (SD) |  |  |  | 22.15 (2.22) [19.4 - 26.0] | 21.8 (3.71) [18.1 - 28.8] | 23.3 (1.20) [22.5 - 25.7] | 25.0 (2.04) | 23.2 (1.74) [22.2 - 28.1] |
| Total body mass, DXA, kgMean (SD) [range] | 70.6 (4.5) [62.68 to 74.26] | 72.6 (3.9) [65.85 to 76.83] |  |  |  |  | 66.4 (4.2) [59.67 to 70.76] |  |
| Total lean mass, DXA, kgMean (SD) [range] | 53.5 (3.06) [48.81 to 57.27] | 52.3 (2.00) [48.85 to 54.72] |  |  |  |  | 51.5 (3.04) [47.25 to 54.24] |  |
| Total bone mineral content, DXA, kgMean (SD) [range] | 2.75 (0.13) [2.62 to 2.97] | 2.80 (0.13) [2.67 to 3.02] |  |  |  |  | 2.77 (0.12) [2.64 to 2.97] |  |

BMI, body mass index. DXA, dual x-ray absorptiometry; BIA, bio-electrical impedance.