

## Supplementary Material

The supplementary material for this manuscript consists of three files. "Testing the Accuracy of ImageJ" contains information regarding the testing of the ImageJ method.

"Table S1.csv" contains the raw data from the study, which should have the following caption:

**Table S1 - % Tephra through the depth of all 15 cores.**

Finally, 'ImageJMacro.txt' is a macro file which allows the batch processing of images in ImageJ, and will be of interest to anyone attempting to repeat this method. The '.txt' extension does not comply with the official requirements for Supplementary Data, so I have uploaded it as an 'additional/data'. However, it should be left as a .txt file if possible, as ImageJ will not understand .doc formats.