Figure S1. Composites of (a - c) mean sea level pressure, (d, e) ThetaE, and (f - g) vertical integrated water vapour (IWV) for PI, LGM and difference LGM – PI 12 hours before peak intensity as defined by the maximum of the Laplacian of MSLP. (a, b) absolute MSLP values (lines, [hPa]), anomalies [hPa] from field mean (coloured); (c) absolute MSLP values (lines, [hPa]) from LGM, differences LGM – PI in colours; (d, e) absolute ThetaE values (lines, [K]) and anomalies [K] from field mean (coloured); (f, g) absolute IWV values [mm], (h) difference [mm] LGM – PI.
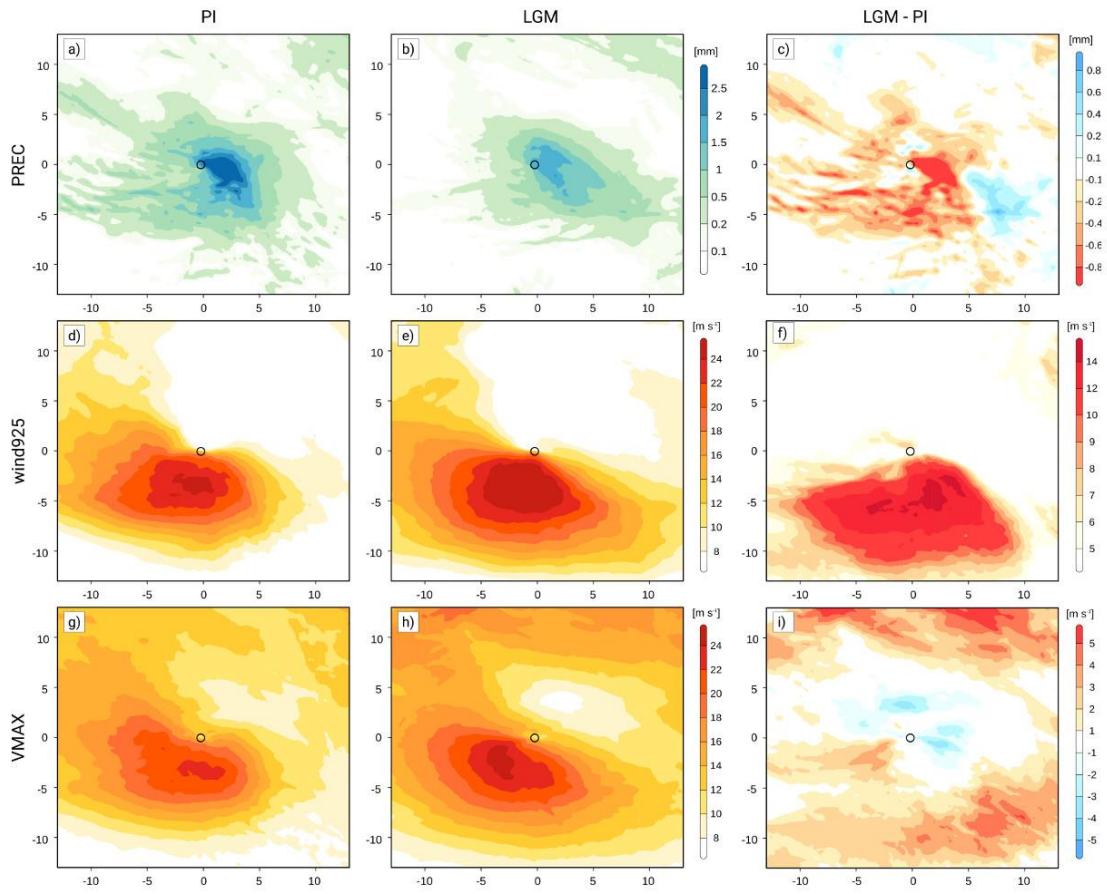
Figure S2. As Figure S1 but for hourly precipitation [mm] (a) PI, (b) LGM, (c) LGM – PI, (d - f) wind speed in 925 hPa [m s⁻¹] and (g - i) maximum near surface wind gust [m s⁻¹] 12 hours before peak intensity.
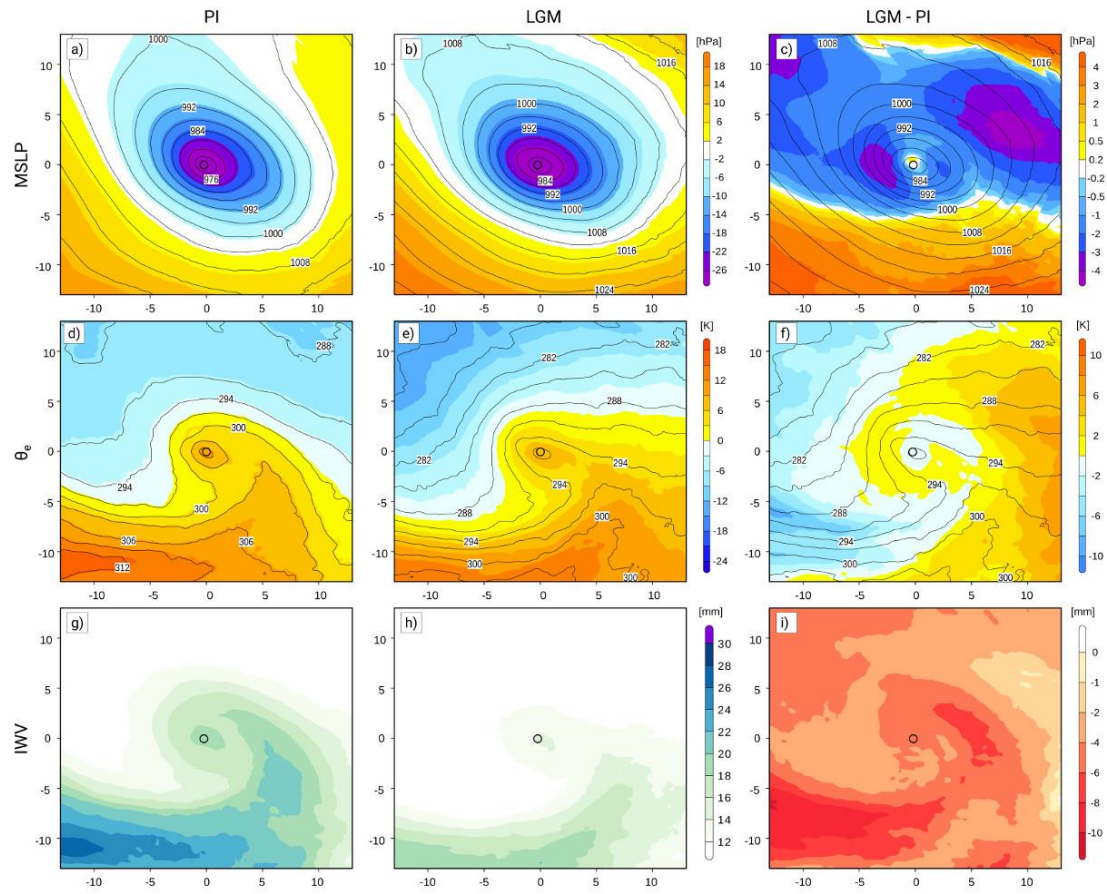
Figure S3. As Figure S1 but 12 hours after peak intensity.
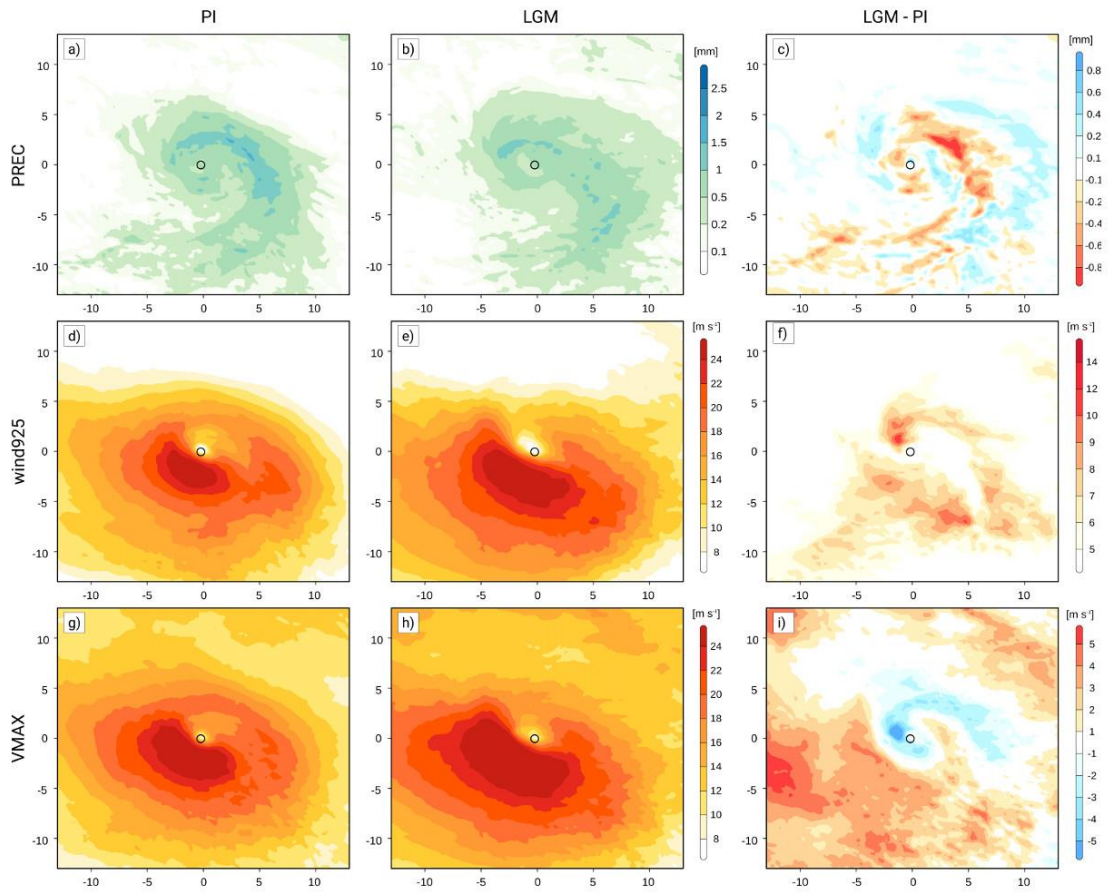
Figure S4. As Figure S2 but for 12 hours after peak intensity.