Supplementary file 1. DNA extraction protocol. <https://doi.org/10.5852/ejt.2020.726.1179.3271>

1) Tardigrades were sorted in water and specimens were rinsed individually in ddH2O.

2) Each individual specimen was transferred by pipette into a PCR-tube containing 70 µl QuickExtract™.

3) PCR-tubes were vortexed well, spun down (5 min at 3500 RPM), then kept at room temperature (≈25 °C) for 3 hrs.

4) PCR-tubes were incubated at 65 °C for 15 min in a PCR machine, vortexed every 5 min and spun down.

5) PCR-tubes were incubated at 98 °C for 2 min.

6) 60 µl of the extract supernatant were transferred into a new, sterile PCR tube. The supernatant was collected in order to avoid the exoskeleton remaining at the bottom. The PCR-tubes containing extract were then stored at −20 °C for later use in PCR.

7) 70 µl ddH2O were added to the tube with the exuvium and mixed well with the pipette to wash the exoskeleton.

8) Water and exoskeleton were transferred to a glass staining block with ddH2O. The exoskeleton was collected and mounted on a microscope slide in Hoyer’s medium.