

Table S1. Enthalpies of melting and evaporation of the hydro- and cryogels.

Sample	PVA		WS	
	ΔH_m (J/g)	ΔH_e (J/g)	ΔH_m (J/g)	ΔH_e (J/g)
Hydrogel	311.60	1980.00	336.90	2154.00
1 cycle	323.80	2103.00	338.90	2200.00
2 cycles	302.30	1838.00	351.10	2279.00
3 cycles	311.50	1888.00	330.70	2100.00
4 cycles	345.00	2156.00	336.00	2042.00