

The supplementary data folder contains time data and particle tracking data for *Paenibacillus* in the low porosity geometry at 1 uL/h. This data can be used to calculate the statistics for *Paenibacillus* given in the paper (in conjunction with the code supplied in Supplementary Methods 1). However, for the paper, we used data from 3 trials to calculate the statistics, so the results from analysis of a single trial may be slightly different.