Supplementary Material

Table S1: Comparison of this Work with the Microwave Absorption Capacity of Similar Materials Reported in the Recent literatures

Materials	Catergory	RL_{min} (dB)	EAB (GHz)	Refs.
α-Fe/Fe_3C/wood	Composites	-25.6	2.50	[1]
Fe_3O_4/ZIF–67/wood	Composites	-23.4	4.60	[2]
ZnO/polyethylene/wood	Composites	-21.0	0.16	[3]
Fe_3O_4/wood	Composites	-31.9	5.60	[4]
rGO@Fe_3O_4/SiBCN	Composites	-43.7	3.20	[5]
SiBCN/SiC	Composites	-23.2	4.2	[6]
WDC/SiBCN	Composites	-46.0	3.60	This work
WDC	Non-composite	-10.4	0.32	This work
SiBCN aerogel	Non-composite	-29.0	4.52	This work

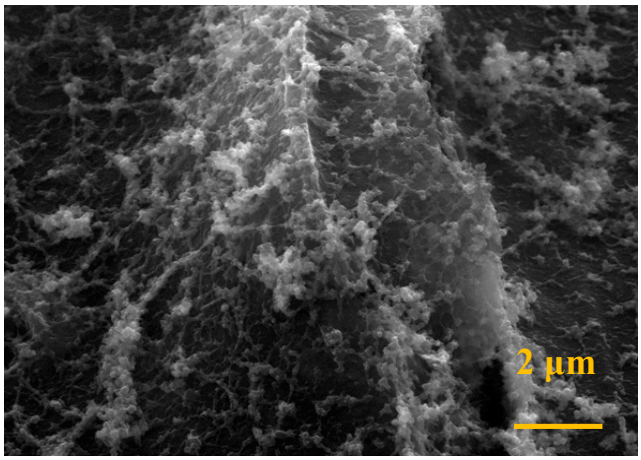

Figure S1: SEM images of WDC/SiBCN-10.

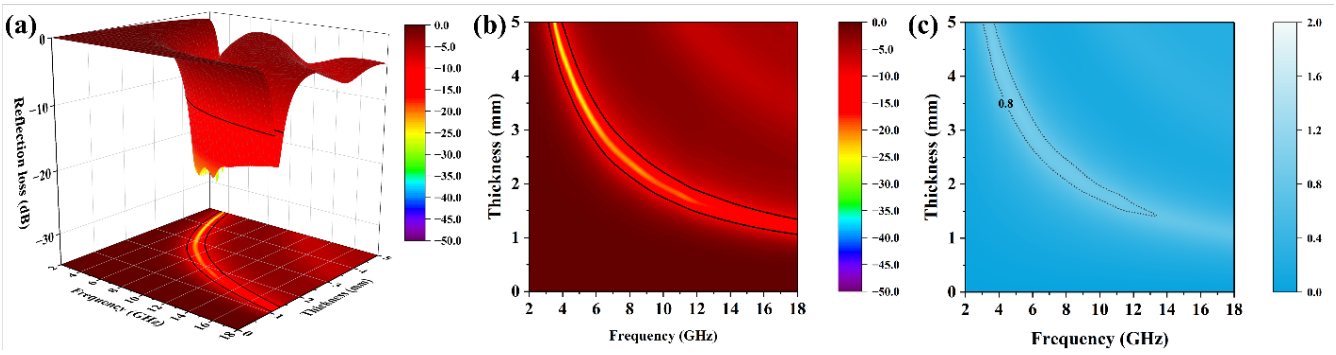

Figure S2: Microwave absorption performance of pure SiBCN aerogel (**a**,**b**) Reflection loss, (**c**) Impedance matching

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