

I enjoyed your paper and your methods were quite interesting. I just have a few suggestions for making it more readable:

We thank you very much for the constructive comments. We plan to take them fully into account in a revised version of this manuscript. We answer briefly to the specific points raised in the following:

- 1. Elaborate on the wavenumber decomposition section. In particular, I was confused by your discussion of the $k=0$ correction. It was difficult to find an explanation even after tracing through your citations.**

Thank you for the comment. Indeed, this point was raised by Reviewer 1 and calls for additional effort to clarify the methodology, that was briefly mentioned with a reference to previous work. We plan to revisit the manuscript accordingly.

- 2. Elaborate on the selection of meridional heat transport (MHT) extremes. In particular, the processes of declustering using an "extremal index" and determining thresholds by latitude band using "[An] EVT-based convergence algorithm."**

Thank you again for the comment. This is related to my previous reply. The methodology was extensively described in previous work but a revised manuscript needs to take these aspects into account in a more detailed way.

- 3. Elaborate on how you calculated the anomalous MHT. It would be nice to have a short description on your process (e.g. whether you de-seasonalized) and a statement spelling out how a negative anomalous MHT translates to a weak (less positive or slightly negative) actual MHT.**

Same as above. We will revise the manuscript in order to clarify these aspects of the methodology in a more extensive way.