

September 22, 2022



Filed via SEDAR

To All Applicable Exchanges and Securities Administrators

**Subject: Foremost Lithium Resource & Technology Ltd. (the "Issuer")
Notice of Meeting and Record Date**

Dear Sir/Madam:

We are pleased to confirm the following information with respect to the Issuer's upcoming meeting of securityholders:

Meeting Type:	Annual General Meeting
Meeting Date:	November 22, 2022
Record Date for Notice of Meeting:	October 17, 2022
Record Date for Voting (if applicable):	October 17, 2022
Beneficial Ownership Determination Date:	October 17, 2022
Class of Securities Entitled to Vote:	Common
ISIN:	CA3455101012
Issuer sending proxy materials directly to NOBOs:	Yes
Issuer paying for delivery to OBOs:	No
Notice and Access for Beneficial Holders:	No
Notice and Access for Registered Holders:	No

In accordance with applicable securities regulations we are filing this information with you in our capacity as agent of the Issuer.

Yours truly,

Odyssey Trust Company
as agent for Foremost Lithium Resource & Technology Ltd.