

FOREMOST LITHIUM RESOURCE & TECHNOLOGY LTD.
2500 – 700 West Georgia Street Vancouver, BC, V7Y 1B3

NOTICE OF ANNUAL & SPECIAL GENERAL MEETING

NOTICE IS GIVEN that the Annual and Special General Meeting of Shareholders (the “**Meeting**”) of Foremost Lithium Resource & Technology Ltd. (the “**Company**”) will be held at the office of the Company’s legal counsel, Farris LLP at 2500-700 W. Georgia St., Vancouver, BC V7Y 1B3, Vancouver, BC, on Friday December 2, 2022 at 11:00 a.m. (Pacific time) for the following purposes:

1. To receive the Company’s audited financial statements for the financial years ended March 31, 2021 and 2022 and the auditor’s report thereon;
2. To fix the number of directors to be elected for the ensuing year at five (5);
3. To elect directors of the Company for the ensuing year;
4. To appoint Crowe MacKay LLP, Chartered Professional Accountants, as the Company’s auditor for the ensuing fiscal year and to authorize the directors to set the auditor’s remuneration;
5. To consider and, if thought fit, to pass an ordinary resolution ratifying and approving the existing 10% rolling stock option plan of the Company;
6. To consider and, if thought fit, to pass an ordinary resolution ratifying and approving the existing 10% fixed performance unit plan of the Company; and
7. To consider and, if thought fit, to approve a special resolution approving and authorizing the adoption of updated articles of incorporation, as more particularly described in the accompanying Information Circular.

The accompanying Information Circular provides additional information relating to the matters to be dealt with at the Meeting and is deemed to form part of this Notice of Meeting.

The Company’s Board of Directors has fixed October 3, 2022 as the record date for the determination of shareholders entitled to notice of and to vote at the Meeting and at any adjournment or postponement thereof. Each registered shareholder at the close of business on that date is entitled to such notice and to vote at the Meeting in the circumstances set out in the accompanying Information Circular.

Due to the COVID-19 Pandemic and to mitigate risks to the health and safety of the Company’s shareholders and other stakeholders, the Company requests shareholders to vote by proxy in advance. In order to vote, registered shareholders of the Company are asked to complete, date and sign the accompanying form of proxy, or another suitable form of proxy, and deposit it with the Company’s transfer agent, Odyssey Trust Company, 350 – 409 Granville Street, Vancouver, BC, V6C 1T2, by secure online voting, by hand or by mail, no later than 48 hours (excluding Saturdays, Sundays and holidays) prior to the time of the Meeting, or any adjournment thereof, being 11:00 a.m. (Pacific time) on Friday December 2, 2022.

The Company reserves the right to restrict in person attendance depending on available health and safety information at the time of the Meeting and to make such arrangements as are deemed prudent or necessary as a result of the COVID-19 Pandemic and related

public health requirements. The ability of shareholders to attend in person is subject to any governmental order applicable at the time of the Meeting, such as restrictions on gatherings and social distancing rules, which might prevent or restrict shareholders from attending in person.

In order to ensure that all shareholders are able to cast their votes, the Company strongly encourages shareholders to vote in advance of the Meeting using the form of proxy or voting instruction form accompanying this Information Circular.

DATED at Vancouver, British Columbia this 8 day of November, 2022.

By Order of the Board of Foremost Lithium Resource & Technology Ltd.

(signed) "*John Gravelle*"

John Gravelle, Chairman and Director