Form 45-106F1 Report of Exempt Distribution

ITEM 1 - REPORT TYPE						
✓ New report ☐ Amended report If amended,	provide filing date of report that is being amended. (YYYY-MM-DD)					
ITEM 2 - PARTY CERTIFYING	THE REPORT					
Indicate the party certifying the report (select only one). For guidance regarding whether an issuer is an investment fund, refer to section 1.1 of National Instrument 81-106 Investment Fund Continuous Disclosure and the companion policy to NI 81-106 (in Québec, Regulation 81-106 respecting Investment Fund Continuous Disclosure and Policy Statement to Regulation 81-106 respecting Investment Fund Continuous Disclosure). □ Investment fund issuer □ Issuer (other than an investment fund)						
Underwriter						
ITEM 3 - ISSUER NAME AND (OTHER IDENTIFIERS					
Provide the following information about	the issuer, or if the issuer is an investment fund, about the fund.					
Full legal name	Foremost Lithium Resource & Technology Ltd. (Formerly Far Resources Ltd.)					
Previous full legal name	FOREMOST LITHIUM RESOURCE & TECHNOLOGY LTD. (FORMERLY FAR RESOURCES LTD.)					
If the issuer's name changed in	the last 12 months, provide most recent previous legal name.					
Website	www.foremostlithium.com (if applicable)					
If the issuer has a legal entity identifier, p	rovide below. Refer to Part B of the Instructions for the definition of "legal entity identifier".					
Legal entity identifier						
If two or more issuers distributed a single above.	security, provide the full legal name(s) of the co-issuer(s) other than the issuer named					
Full legal name(s) of co-issuer(s)	(if applicable)					
ITEM 4 - UNDERWRITER INFO	PRMATION					
	, provide the underwriter's full legal name, firm NRD number, and SEDAR+ profile number.					
Full legal name	, provide the underwriter's juil legal name, jiini NKD hamber, and SEDAK+ profile namber.					
Firm NRD number	(if applicable)					

SEDAR+ profile number
ITEM 5 - ISSUER INFORMATION
If the issuer is an investment fund, do not complete Item 5. Proceed to Item 6.
a) Primary industry
Provide the issuer's North American Industry Classification Standard (NAICS) code (6 digits only) that in your reasonable judgment most closely corresponds to the issuer's primary business activity.
NAICS industry code 213119
If the issuer is in the mining industry , indicate the stage of operations. This does not apply to issuers that provide services to issuers operating in the mining industry. Select the category that best describes the issuer's stage of operations.
Exploration Development Production Is the issuer's primary business to invest all or substantially all of its assets in any of the following? If yes, select all that apply.
☐ Mortgages ☐ Real estate ☐ Commercial/business debt ☐ Consumer debt ☐ Private companies ☐ Cryptoassets
b) Number of employees
Number of employees:
c) SEDAR+ profile number
Provide the issuer's SEDAR+ profile number
000032046
ITEM 6 - INVESTMENT FUND ISSUER INFORMATION
If the issuer is an investment fund, provide the following information.
a) Investment fund manager information
Full legal name
Firm NRD number (if applicable)
SEDAR+ profile number
b) Type of investment fund
Type of investment fund that most accurately identifies the issuer (select only one).
☐ Money market ☐ Equity ☐ Fixed income ☐ Balanced

☐ Alternative strategies	Cryptoasset	Other (describe)							
Indicate whether one or both of the following apply to the investment fund.									
☐ Is a UCITs Fund ¹ ¹ Undertaking for the Collective Investment	☐ Invest primarily in other investment fund issuers ☐ Is a UCITs Fund ¹ ¹ Undertaking for the Collective Investment of Transferable Securities funds (UCITs Funds) are investment funds regulated by the European Union (EU) directives that allow collective investment schemes to operate throughout the EU on a passport basis on authorization from one member state.								
c) Net asset value (NAV	') of the investment for	und							
Select the NAV range of the investi	-		culation (Canad	lian \$).					
Under \$5M	\$5M to under \$			Date of NAV calculation:					
☐ \$100M to under \$500M	☐ \$500M to unde	er \$1B 🔲 \$1B or over		YYYY MM DD					
ITEM 7 - INFORMATION	ABOUT THE DIST	RIBUTION							
information about purchasers res commissions or finder's fees, in co	If an issuer located outside of Canada completes a distribution in a jurisdiction of Canada, include in Item 7 and Schedule 1 information about purchasers resident in that jurisdiction of Canada only. Do not include in Item 7 securities issued as payment of commissions or finder's fees, in connection with the distribution, which must be disclosed in Item 8. The information provided in Item 7 must reconcile with the information provided in Schedule 1 of the report.								
a) Currency									
Select the currency or currencies i dollars.	n which the distribution w	vas made. All dollar amou	nts provided in a	the report must be in Canadian					
✓ Canadian dollar ✓ US	dollar 🗌 Euro O	other (describe)							
b) Distribution dates									
State the distribution start and end dates. If the report is being filed for securities distributed on only one distribution date, provide the distribution date as both the start and end dates. If the report is being filed for securities distribued on a continuous basis, include the start and end dates for the distribution period covered by the report.									
Start date 20	23 09 06	End date	e 2023	09 08					
YY	YY MM DD		YYYY	MM DD					
c) Detailed purchaser i	nformation								
Complete Schedule 1 of this form for each purchaser and attach the schedule to the completed report.									
d) Types of securities of	listributed								
Provide the following information to indicate the security code. If prodistributed.									

				Canadian \$		
Security code	CUSIP number (if applicable)	Description of security	Number of securities	Single or lowest price	Highest price	Total amount
CMS	345510200	common shares	6,128.0000	8.1600	8.1600	50,004.4800
CMS	345510200	common shares	30,900.0000	5.6500	5.6500	220,350.0000

e) Details of rights and convertible/exchangeable securities

If any rights (e.g. warrants, options) were distributed, provide the exercise price and expiry date for each right. If any convertible/exchangeable securities were distributed, provide the conversion ratio and describe any other terms for each convertible/exchangeable security.

Convertible / exchangeable security code	Underlying security code	Exercise price (Canadian \$)		Expiry date (YYYY-MM-	Conversion ratio	Describe other terms (if applicable)	
		Lowest	Highest	DD)		аррпсаые)	

f) Summary of the distribution by jurisdiction and exemption

State the total dollar amount of securities distributed and the number of purchasers for each jurisdiction of Canada and foreign jurisdiction where a purchaser resides and for each exemption relied on in Canada for that distribution. However, if an issuer located outside of Canada completes a distribution in a jurisdiction of Canada, include distributions to purchasers resident in that jurisdiction of Canada only.

This table requires a separate line item for: (i) each jurisdiction where a purchaser resides, (ii) each exemption relied on in the jurisdiction where a purchaser resides, if a purchaser resides in a jurisdiction of Canada, and (iii) each exemption relied on in Canada, if a purchaser resides in a foreign jurisdiction.

For jurisdictions within Canada, state the province or territory, otherwise state the country.

Province or country	Exemption relied on	Number of unique purchasers ^{2a}	Total amount (Canadian \$)
IRRIFICA (All IMALIA	NI 45-106 2.13 [Petroleum, natural gas and mining properties]	1	50,004.4800
United States of America	other - BCI 72-503 – section 3	1	220,350.0000
	\$270,354.4800		
	Total number of unique purchasers ^{2b}	2	

^{2a} In calculating the number of unique purchasers per row, count each purchaser only once. Joint purchasers may be counted as one purchaser.

g) Net proceeds to the investment fund by jurisdiction

If the issuer is an investment fund, provide the net proceeds to the investment fund for each jurisdiction of Canada and foreign jurisdiction where a purchaser resides. If an issuer located outside of Canada completes a distribution in a jurisdiction of Canada, include net proceeds for that jurisdiction of Canada only. For jurisdictions within Canada, state the province or territory, otherwise state the country.

Province or country	Net proceeds (Canadian \$)

^{2b}In calculating the total number of unique purchasers to which the issuer distributed securities, count each purchaser only once, regardless of whether the issuer distributed multiple types of securities to, and relied on multiple exemptions for, that purchaser.

Total net proceeds to the investment fund

³"Net proceeds" means the gross proceeds realized in the jurisdiction from the distributions for which the report is being filed, less the gross redemptions that occurred during the distribution period covered by the report.

ITEM 8 - COMPENSATION INFORMATION Provide information for each person (as defined in NI 45-106) (in Québec, Regulation 45-106 respecting Prospectus Exemptions) to whom the issuer directly provides, or will provide, any compensation in connection with the distribution. Complete additional copies of this page if more than one person was, or will be, compensated. Indicate whether any compensation was paid, or will be paid, in connection with the distribution. **V** No If yes, indicate number of persons compensated. a) Name of person compensated and registration status Indicate whether the person compensated is a registrant. □ No ☐ Yes If the person compensated is an individual, provide the name of the individual. Full legal name of individual Family name First given name Secondary given names If the person compensated is not an individual, provide the following information. Full legal name of non-individual (if applicable) Firm NRD number Indicate whether the person compensated facilitated the distribution through a funding portal or an internet-based portal ☐ No ☐ Yes b) Business contact information If a firm NRD number is not provided in Item 8(a), provide the business contact information of the person being compensated. Street address Municipality Province/State Country Postal code/Zip code Email address Telephone number c) Relationship to issuer or investment fund manager Indicate the person's relationship with the issuer or investment fund manager (select all that apply). Refer to the meaning of 'connected' in Part B(2) of the Instructions and the meaning of 'control' in section 1.4 of NI 45-106 (in Québec, Regulation 45-106 respecting Prospectus Exemptions) for the purposes of completing this section. Connected with the issuer or investment fund manager Insider of the issuer (other than an investment fund) Director or officer of the investment fund or investment fund manager ☐ Employee of the issuer or investment fund manager ☐ None of the above d) Compensation details

Provide details of all compensation paid, or to be paid, to a Provide all amounts in Canadian dollars. Include cash come compensation. Do not report payments for services incider services. An issuer is not required to ask for details about, or employees of a non-individual compensated by the issuer	nmissions, securitie ntal to the distribut or report on, intern	s-based compensat ion, such as clerical	ion, gifts, discount I, printing, legal or	s or other accounting
Cash commissions paid				
Value of all securities distributed as compensation ⁴				
Security codes	Security code 1	Security code 2	Security code 3	
Describe terms of warrants, options or other rights				
Other compensation ⁵				
Describe				
Total compensation paid				
☐ Check box if the person will or may receive any def	erred compensati	on (describe the te	erms below)	
⁴ Provide the aggregate value of all securities distributed as acquire additional securities of the issuer. Indicate the securities, warrants or other rights exercisable to acquire ad ⁵ Do not include deferred compensation. ITEM 9 – DIRECTORS, EXECUTIVE OFFICEING The issuer is an investment fund, do not complete Item.	urity codes for all so ditional securities of RS AND PROM	ecurities distributed of the issuer. MOTERS OF TI	l as compensation,	
,,,,,,,,,,,,,,				
Indicate whether the issuer is any of the following (select the	ne one that applies	– if more than one	applies, select only	one).
✓ Reporting issuer in a jurisdiction of Canada☐ Foreign public issuer				
☐ Wholly owned subsidiary of a reporting issuer in ar	y jurisdiction of C	anada ⁶		
Provide name of reporting issuer				
☐ Wholly owned subsidiary of a foreign public issuer	6			
Provide name of foreign public issuer				
☐ Issuer distributing only eligible foreign securities ar	nd the distribution	is to permitted cli	ents only ⁷ .	
If the issuer is at least one of the above, do not comple	ete Item 9(a) – (c).	Proceed to Item 1	10.	
⁶ An issuer is a wholly owned subsidiary of a reporting issu securities, other than securities that are required by law to or the foreign public issuer, respectively.				

⁷ Check this box if it applies to the current distribution even if the issuer made previous distributions of other types of securities to non-permitted clients. Refer to the definitions of "eligible foreign security" and "permitted client" in Part B(1) of the Instructions.							
☐ If the issuer is none of the above, check this box and complete Item 9(a) – (c).							
a) Directors, e	xecutive o	officers an	d promoters o	f the issuer			
Provide the following information for each director, executive officer and promoter of the issuer. For locations within Canada, state the province or territory, otherwise state the country. For "Relationship to issuer", "D" – Director, "O" – Executive Officer, "P" – Promoter.							
Organization or	Eamily	First	Secondary	Business location of non-individual or residential jurisdiction of	Relationship to issuer		

Organization or company name	Family name	First given name	Secondary given names	Business location of non-individual or residential jurisdiction of individual	Relationship to issuer (select all that apply)			
		name		Province or country	D	0	Р	

b) Promoter information

If the promoter listed above is not an individual, provide the following information for each director and executive officer of the promoter. For locations within Canada, state the province or territory, otherwise state the country. For "Relationship to promoter", "D" – Director, "O" – Executive Officer.

Organization or	Family	· ·	Secondary given	Residential jurisdiction of individual	Relationship to promoter (select one or both if applicable)		
company name	company name name names	Province or country	D	О			

c) Residential address of each individual

Complete Schedule 2 of this form providing the full residential address for each individual listed in Item 9(a) and (b) and attach to the completed report. Schedule 2 also requires information to be provided about control persons.

ITEM 10 - CERTIFICATION

Provide the following certification and business contact information of an officer, director or agent of the issuer or underwriter. If the issuer or underwriter is not a company, an individual who performs functions similar to that of a director or officer may certify the report. For example, if the issuer is a trust, the report may be certified by the issuer's trustee. If the issuer is an investment fund, a director or officer of the investment fund manager (or, if the investment fund manager is not a company, an individual who performs similar functions) may certify the report if the director or officer has been authorized to do so by the investment fund.

The certification may be delegated, but only to an agent that has been authorized by an officer or director of the issuer or underwriter to prepare and certify the report on behalf of the issuer or underwriter. If the report is being certified by an agent on behalf of the issuer or underwriter, provide the applicable information for the agent in the boxes below.

If the individual completing and filing the report is different from the individual certifying the report, provide the name and contact details for the individual completing and filing the report in Item 11.

The signature on the report must be in typed form rather than handwritten form. The report may include an electronic signature provided the name of the signatory is also in typed form.

Securities legislation requires an issuer or underwriter that makes a distribution of securities under certain prospectus exemptions

to file a completed report of exempt distribution. By completing the information below, I certify, on behalf of the issuer/underwriter/investment fund manager, to the securities regulatory authority or regulator, as applicable, that I have reviewed this report and to my knowledge, having exercised reasonable diligence, the information provided in this report is true and, to the extent required, complete.							;
Name of Issuer/ investment fund Foremost Lithium Resource & Technology Ltd.							
manager/agent							
Full legal name	GILL	Kelly					
	Family name	First given name			Second	ary given names	
Title	Administrator						
Telephone number	+1 (604) 558-4300	Email address	kgill@crossda	avis.co	m		
Signature	/s/ Kelly Gill	Date	2023	09	13		
			YYYY	MM	DD		

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Provide the following business contact information for the individual that the securities regulatory authority or regulator may contact with any questions regarding the contents of this report, if different than the individual certifying the report in Item 10.

✓ Same as individual certifying the report							
Full legal name							
	Family name	First given name	Secondary given names				
Title							
Name of company							
Telephone number		Email address					

NOTICE - COLLECTION AND USE OF PERSONAL INFORMATION

The personal information required under this form is collected on behalf of and used by the securities regulatory authority or regulator under the authority granted in securities legislation for the purposes of the administration and enforcement of the securities legislation. If you have any questions about the collection and use of this information, contact the securities regulatory authority or regulator in the local jurisdiction(s) where the report is filed, at the address(es) listed at the end of this form.

Schedules 1 and 2 may contain personal information of individuals and details of the distribution(s). The information in Schedules 1 and 2 will not be placed on the public file of any securities regulatory authority or regulator. However, freedom of information legislation may require the securities regulatory authority or regulator to make this information available if requested.

By signing this report, the issuer/underwriter confirms that each individual listed in Schedule 1 or 2 of the report who is resident in a jurisdiction of Canada:

- a) has been notified by the issuer/underwriter of the delivery to the securities regulatory authority or regulator of the information pertaining to the individual as set out in Schedule 1 or 2, that this information is being collected by the securities regulatory authority or regulator under the authority granted in securities legislation, that this information is being collected for the purposes of the administration and enforcement of the securities legislation of the local jurisdiction, and of the title, business address and business telephone number of the public official in the local jurisdiction, as set out in this form, who can answer questions about the security regulatory authority's or regulator's indirect collection of the information, and
- b) has authorized the indirect collection of the information by the securities regulatory authority or regulator.