

November 15, 2023



*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 & Special Meeting
Meeting Date:	January 25, 2024
Record Date for Notice of Meeting:	December 11, 2023
Record Date for Voting (if applicable):	December 11, 2023
Beneficial Ownership Determination Date:	December 11, 2023
Class of Securities Entitled to Vote:	Common Shares
ISIN:	CA3455102002
Issuer sending proxy materials directly to NOBOs:	No
Issuer paying for delivery to OBOs:	No
Notice and Access for Beneficial Holders:	Yes
Notice and Access for Registered Holders:	Yes

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.**