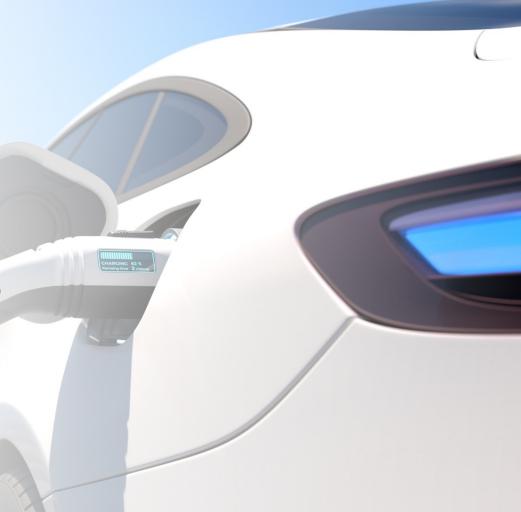


NASDAQ: FMST | CSE: FAT

Empowering the EV Revolution

Winter 2023



DISCLAIMERS AND FORWARD-LOOKING STATEMENTS



No securities commission or securities regulatory authority or other regulatory authority has reviewed, passed upon or endorsed the accuracy or adequacy of this document. Any representation to the contrary is unlawful and is expressly disclaimed by Foremost Lithium Exploration & Technology ("Foremost" or the "Company").

The information contained in this presentation does not purport to be all-inclusive or to contain all information that prospective investors may require. Prospective investors are encouraged to conduct their own analysis and reviews of the Company and of the information contained in this presentation. Prospective investors should consult their own professional advisors to assess their potential investment in the Company. The remarks contained in this presentation ("Presentation") may contain forward-looking statements relating to the Company's operations or to its business environment. Such statements are based on the Company's operations, forecasts, and projections, but are not guarantees of future performance and involve risks and uncertainties that are difficult to predict or control.

Several factors could cause actual outcomes and results to differ materially from those expressed. Although any such forward-looking statements are based upon what management believes to be reasonable assumptions, the Company cannot guarantee that actual results will be consistent with these forward-looking statements. In addition, the Company disclaims any obligation to update or revise any forward-looking statements, for any reason. We also do not commit in any way to guarantee that we will continue reporting on items or issues that arise. This Presentation has been provided to the recipient for information purposes only and no representation or warranty, express or implied, is made as to the completeness or accuracy of the information contained herein. The contents are not to be reproduced or distributed to the public or press. The information contained herein is not guaranteed as to its accuracy or completeness. Throughout this Presentation various logos and trademarks will be used. These trademarks and logos are the property of their respective owners.

This presentation contains or references to certain market, industry and peer group data which is based upon information from independent industry publications, market research, analyst reports and surveys and other publicly available sources. Although the Company believes these sources to be generally reliable, such information is subject to interpretation and cannot be verified with complete certainly due to limits on the availability and reliability of raw data, the voluntary nature of the data gathering process and other inherent limitations and uncertainties. The Company has not independently verified any of the data from third party sources referred to in this presentation and accordingly, the accuracy and completeness of such data is not guaranteed. An investment in the Company's securities should be considered highly speculative. There is no guarantee that an investment in the Company will earn any positive return in the short or long term. An investment in the Company is appropriate only for investors who have the capacity to absorb a loss of some or all their investment. There are certain risk factors associated with an investment in the Company's securities.

In addition, there are several risk factors that could cause future results to differ materially from those described herein. Additional risks and uncertainties, including those that the Company does not know about now or that it currently deems immaterial, may also adversely affect the Company's business or any investment therein.

Who Are We?



Foremost Lithium is a hard-rock lithium exploration company strategically located to capitalize on the global "electrification revolution". As the world transitions towards decarbonization, the Company's objective is the extraction of lithium oxide (Li₂O), and to subsequently play a role in the production of high-quality lithium hydroxide (LiOH), to help power lithium-based batteries, critical in developing a clean-energy economy.

Foremost Lithium Resource & Technology is in the Snow Lake region of Manitoba Canada.



COMPANY OVERVIEW











Lithium Properties

- 43,000+ acres over 4 distinct projects in Manitoba we call our "Lithium Lane Properties"
- Extensive exploration programs on all 4 properties have been undertaken to scientifically define and derisk future drill targets for upcoming drill season

Market Drivers

- Government policy is accelerating the demand for domestic lithium supply
- The Inflation Reduction
 Act has intensified the
 need for automakers to
 secure their future lithium
 supply

Commercialization Opportunity

- Positioned near lithium processing plants; one of the only producing lithium spodumene concentrate mine in all of North of America less than 400 miles away
- Located at the tip of the "NAFTA Superhighway" with easy access to North American battery and EV manufacturing sites.

Asset Rich Properties

- Asset rich company with a diversified portfolio not only in critical minerals but also capitalizing on rising commodity prices
- 2,800-acre Winston
 Gold/Silver Property in New
 Mexico with promising
 geology

LITHIUM INDUSTRY



- Structural Lithium Supply Gap: Driven by the electrification of the global economy, Lithium demand is expected to structurally outstrip supply − which Foremost management believes will put upward pressure on Lithium pricing¹
- ✓ The Energy Transition Necessitates Grid-Scale Battery Storage, with the global grid-scale battery market expected to grow at a 26.1% CAGR to \$55.3B in 2031 according to Transparency Market Research
- On-Shoring of Critical Mineral Supply Chains is a Growing National Security Concern, with governments increasingly incentivizing local production of minerals expected to be key to the future economy
- **Battery and Electric Vehicle Manufacturers** are securing their raw materials directly with miners and junior explorers, presenting a lucrative opportunity ³:

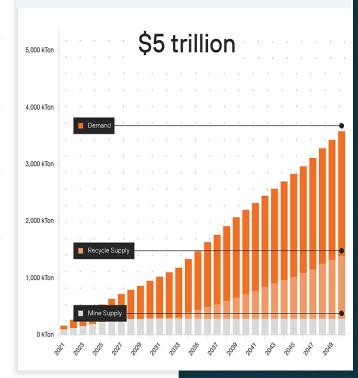


Both Mercedes Benz and Volkswagen announced agreement to secure battery raw materials in Canada



LG Energy Solutions, the second largest battery maker in the world signed an MOU with **Foremost's neighbour** in Snow Lake, MB

Lithium Supply Gap



Graphic source: KoBold Metals.

THE FOREMOST ADVANTAGE









Business Execution

 Drilling in 2024 on further lithium bearing dykes, including Dyke 1 (our known inferred SK-1300/NI 43-101 resource) as well continued exploration and drilling on all 4 distinct Lithium Lane Projects

Market Our Lithium While Still in the Ground

 Extensive testing has confirmed that our ore is amenable to produce and refine a near battery grade 6% Li₂O concentrate which will enable us to market our lithium to potential partners, even before drilling and extracting from the ground

Fast-track Cash Flow

 Move forward with our DSO –Direct Shipping Ore where bulk ore is blasted from the ground and shipped directly to a mine, then transformed into a concentrate prior to shipping.



MANITOBA ADVANTAGE

A Mining Friendly Jurisdiction With A Rich Mining History

Direct Shipping Ore (DSO)

Potential Revenue Stream

- (DSO) where bulk ore blasted from the ground and shipped directly to a mine, then transformed into a concentrate prior to shipping.
- Our metallurgy work on Zoro Project was successful; Viable to produce and "DSO" to nearby concentrators
- Fast-tracks cash flow while still being able to drill off reserves on other parts of the property and continue exploration efforts, without waiting years to become a viable mine; Projected to begin H1 2026

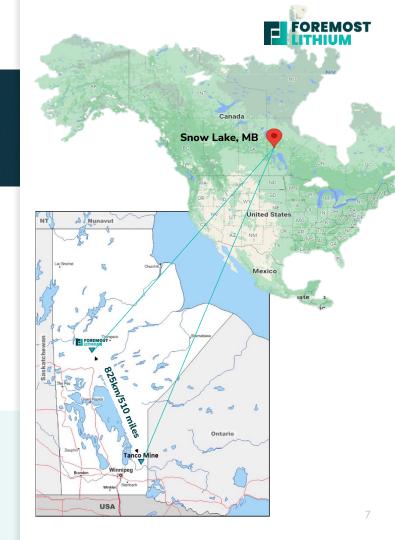


FOREMOST LITHIUM LOCATION

400 miles NW of the Tanco Mine

One of the only fully producing lithium spodumene concentrate mine in all of North of America, that's currently in production.

Foremost is in the preliminary stages of DSO and timelines to execute is estimated to approximately 24 months away. There is no quarantee that any specific outcome will be achieved.



STRATEGIC LOCATION



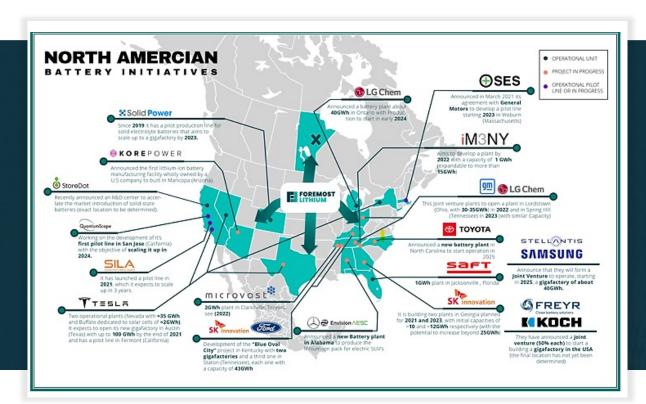
Easy access to supply North American's growing demand for battery metals

Foremost's projects are located at the tip of the NAFTA "superhighway"

with easy access to North American battery and EV manufacturing sites to supply its lithium concentrate product for future feedstock.



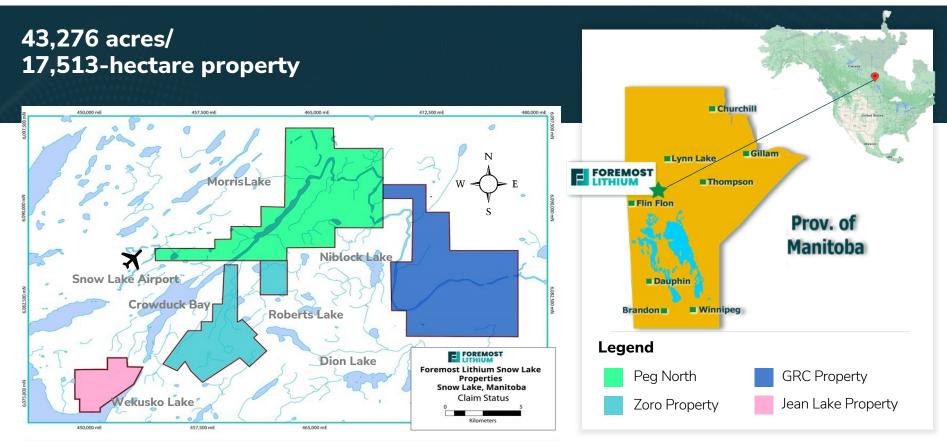
Located near existing and planned lithium processing plants.





OUR LITHIUM LANE PROPERTY CLAIMS





ZORO LITHIUM PROJECT



8,377 acres

with 16 spodumene-bearing pegmatite dykes discovered to date



Most of past drilling focused on Dyke 1, which has an inferred resource estimate of 1.07 Million tons at $0.91\% \text{ Li}_2\text{O}^1$

C\$6.5+ Million Invested by Foremost to date

9,700 tons 24.000 tons

Contained inferred Li₂O

Contained inferred lithium carbonate (Li₂CO₃)

Summer 2023

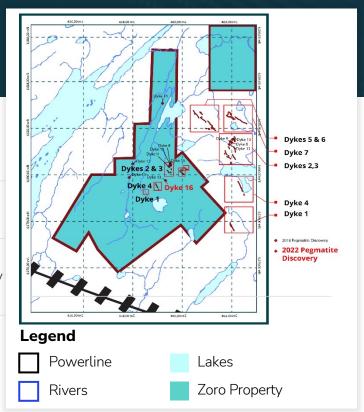
Included re-visiting dyke 1 and sampling further on the property by **Dahrouge Geological Consulting** returning assay of up to 2.13% Li2O

Upcoming Drill Targets

Dyke 1 and Dyke 8 are the most prominent dykes and remain open at depth and along strike to perform additional in-fill drilling and delineate additional tonnage of resource

Q1 2024

7,500 metre drill program to start



ZORO LITHIUM PROJECT

Evaluating production of 6% battery-grade lithium hydroxide

Foremost completed a successful program with XPS Expert Process Solutions and SGS Canada Inc. to

develop and produce a near 6% Li₂O spodumene concentrate into a saleable battery-grade lithium hydroxide or carbonate product from a 500kg bulk sample.

PHASE 1

Evaluated the potential purity and recovery rates of a Technical Specification SC6 Spodumene Concentrate.

PHASE 2

Results: Test work confirms spodumene-bearing pegmatite from Zoro can produce both battery grade lithium products, lithium carbonate (Li2CO3) or lithium hydroxide (LiOH.

MARCH 23/23

Achieved a global lithium recover of 81.6% at a spodumene concentrate grade of 5.88%, while returning an extremely favourable OPEX/CAPEX to our Company.



Program will position Foremost to market future lithium production to battery manufacturers and other strategic partners while it's still in the ground and for potential future DSO program



JEAN LAKE LITHIUM-GOLD PROJECT



2,476-acre property



Completed 3,000 metre drill program on property with results released in June 2023 and include:

Lithium

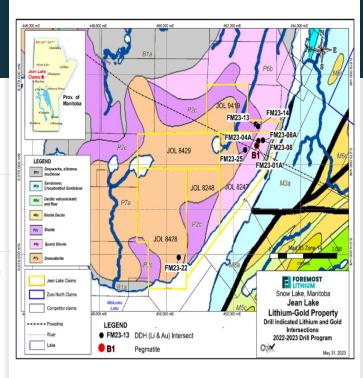
1.26% Li2O over 3.35 metres in drill hole FM23-01A

Gold

New serendipitous gold discovery including assay results of 7.50 g/t gold on over 7.66 m or 3.28 ounces per ton gold over 0.48 m; 11.27 g/t Au over 2.75 m including 91.8 g/t Au over 0.32 m

Upcoming Plans

Further spodumene bearing pegmatite samples were collected in the 2023 summer exploration program returning values up to 1.86% Li2O for preparation of future drill program; B1-B2 pegmatite is now understood to possibly be one spodumenebearing pegmatite with a minimum 325 m in length.



GRASS RIVER LITHIUM PROJECT



15,664 acres with 17 total pegmatite dykes



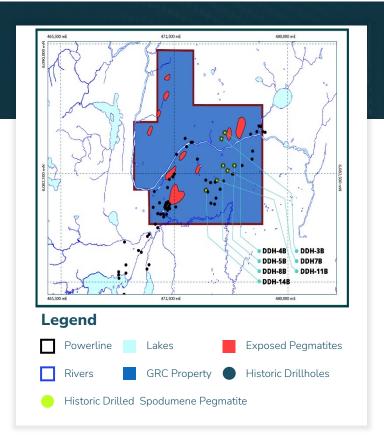
7 spodumene-bearing pegmatite dykes discovered by past drilling with **10** exposed pegmatite targets at surface



These pegmatites show similar trends to those of the Thompson Brothers Lithium Trend and the regionally extensive Crowduck Bay Fault, known to be associated with lithium-enriched pegmatite dyke clusters



A 2023 Summer Exploration Program was completed by Dahrouge Geological Consulting in preparation of drilling which included sampling and ground-proofing of high-priority magnetic anomalies, to define quality drill targets



PEG NORTH LITHIUM PROJECT



16,697 acres

with **numerous mapped** pegmatite dykes



Extends our property holdings alongside the entire northern extension of the Crowduck Bay Fault which is known for its lithium- enriched pegmatite dyke clusters



High volume of pegmatite dykes were discovered and sampled during the 2023 field campaign; Significant unexplored territory highlights the prominence of the Crowduck Bay Fault



Future plans include extensive prospecting and exploration as limited mobility in summer of 2023 due to forest fires, inhibiting access to a large portion of the Property



LAC SIMARD SOUTH - QUEBEC, CANADA



Located Near Active Lithium Camps and Sayona's Lithium Concentrators And Refineries

11,842 acres

80-mineral claims with 12 identified pegmatites

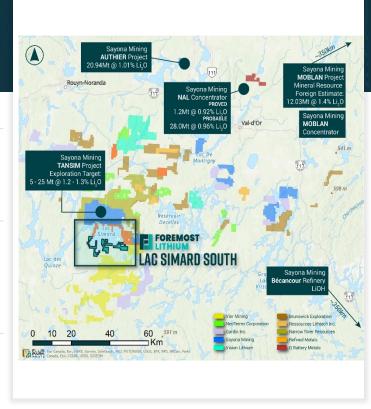
Contains	12 pegmatites based on satellite imagery
Location	Only 90km southwest from The NAL Lithium Processing Plant (A Piedmont/Sayona Joint Venture), which announced it produced and has delivered spodumene concentrate (SC6) to international lithium markets in Sept.'2023 ¹

Hydro-Flectric Power

Quebec is a major producer of electricity and one of the largest hydropower generators in the world. A hydroelectric power plant is situated within the property claim block, allowing access to grid power and low-cost hydroelectricity.

Future Exploration Program

Ground truthing -first steps to confirm and describe the nature of the identified pegmatites as well as prospecting selected areas to find lithium-bearing pegmatites as well as indirect techniques such as droneassisted magnetic surveys



1.https://wcsecure.weblink.com.au/pdf/SYA/02708461.pdf 1.5

WINSTON GOLD & SILVER PROJECT – NEW MEXICO

Little Granite, Ivanhoe & Emporia Mines

The Winston Project is a 3,000 acre-drill ready property

comprised of the Little Granite, Ivanhoe, and Emporia claims situated in the heart of the historically prolific Black Range (Chloride-Grafton) Mining District, New Mexico, United States. Little to no modern exploration since the early 1980's.

Peak Values Sampled		
Gold	66.5 g/t	
Silver	4,610 g/t	

Mine	Grams per Ton Gold	Grams per Ton Silver
Little Granite	66.5	2,940
Ivanhoe	26.8	940
Emporia	44.9	517
Prospecting Best	41.5	4,610



Foremost is strategizing to conduct a future drill program as well as developing this to a potential project into a much-anticipated spin-out,

as well as developing this to a potential project into a much-anticipated spin-out, which would result into dividend shares to shareholders.



High-grade Samples from Each Mine





PROJECT TIMELINES & UPCOMING CATALYSTS

Q1 2024	Q2 + Q3 2024	Q3 +Q4 2024	H1 2025	H2 2025	2026
 Commence drill program at Zoro property Finalize drone survey and data interpretation at the rest of Lithium Lane properties Work on preparation for DSO strategy will continue 	 Drill program expected to be completed at Zoro Property with results expected to be released in Q3 Begin regulatory processes with Manitoba Government regarding permitting for DSO 	Summer sampling program to commence across lithium lane properties projected including: prospecting, rock and soil geochemical surveys, geochem work; Winter drill announcement projected in the later half of Q4	 Q1 Projected start date of winter program on 1 or multiple properties Continue working with permitting and regulatory process for DSO strategy and finalize all necessary requirements 	 Drill programs expected to be completed with results released Commence prefeasibility and economic assessment Improve and start repairing any required roadway to property 	 Road and Infrastructure will be completed as required. DSO is expected to commence with Foremost receiving first cheque

THE ROAD TO SUCCESS



Foremost Exploration Approach

Includes the most modern, scientific technology available, including drone magnetic surveys, soil geochemistry and data integration to develop drill targets with minimal environmental impact



On carefully selected targets to drill off further reserves and drill test new targets within geologically enriched trendlines

DSO -Direct Shipping Ore

Bulk ore is blasted from the ground and shipped directly to a mine, then transformed into a concentrate prior to shipping.











Fast-track Cash Flow

DSO is a viable way to generate net cash and partner with downstream refineries to supply their raw lithium like the Tanco Mine 400 miles away from our Lithium Lane properties in Manitoba and fast-track cash flow

5 Discovery

Continued growth with each drill program as we find resource; The market has associated positive shareholder value and sharp increases with new discoveries

MARKET COMPS

Hard-Rock Lithium Exploration Companies



	FOREMOST	brunswick brwexploration	POWER	ATLAS	R∞kTech	PATRIOT BATTERY METALS
Project Location	Manitoba, Canada	Manitoba, Canada	NWT, Canada	Brazil	Ontario, Canada	Quebec, Canada
Туре	Spodumene	Spodumene	Spodumene	Spodumene	Spodumene	Spodumene
Acres	43,276	600,000+	230,841	75,542	2,575	52,881
Project Stage	Discovery Stage	Discovery Stage	Discovery Stage	Discovery Stage	Discovery Stage	Discovery Stage
Tonnage*	1,074,567 tonnes	0*	0*	0*	13,300,000 tonnes	101,000,000 tonnes
Grade (% Li₂o)*	0.91	0*	0*	1.82	1.09	1.42
Market Cap as of Jan. 29, 2023 \$CAD	15 M	100M	226M	246M	116M	1.1B

EXPERIENCED MANAGEMENT & BOARD





Jason Barnard
PRESIDENT, CEO & DIRECTOR

- Over 31 years' experience in capital markets; involved in raising over \$500 million dollars for mining and exploration companies
- Started @ McDermid St. Laurence Securities (1991) and continued to Canaccord Genuity (14 years)
- Focused expertise with Canadian base metal companies
- Started financing Foremost Lithium in 2016 and is the Company's largest shareholder
- Bachelor of Arts with a major in Economics



Sead Hamzagic, CPA, CGA CHIEF FINANCIAL OFFICER

- Over 37 years' experience in public practice accounting and financial management with public companies on Nasdaq, TSX-V and CSE
- Significant prior experience in metals & mining including CFO experience at Wealth Minerals, Cobra Venture Corp., World Copper and Magnum Goldcorp
- Specific experience includes risk management, corporate strategic development, system implementation, regulatory compliance, financial reporting and internal controls



Christina Barnard
CHIEF OPERATING OFFICER

- Over 20 Years' experience in business management, media, and marketing
- Experience in the public markets working in in roles as corporate communications and strategist
- Past work history includes Rogers Media & Communications (over 10 years)
- Additional experience in well-known national Canadian public companies as senior marketing and media advisor



Douglas MasonCHAIRMAN &
INDEPENDENT DIRECTOR

- Served as a senior officer and director for several public companies including 20 years as president and chief executive officer Jolt Cola, as well as Clearly Canadian Beverage Corp (NASDAQ: CCBC)
- 30+ years of extensive capital markets experience raising hundreds of millions of dollars for public companies
- Current Chairman of the Board and CEO of Magnum Goldcorp Inc.



Johnathan
A. More
INDEPENDENT DIRECTOR

- Previous Vice President: Canaccord Genuity
- 28 years of experience in global capital markets focused primarily on natural resource industries
- Chairman & CEO: Starr Peak, and Power Metals (another Canadian Lithium Cesium & Tantalum Company)



Mike McLeod
INDEPENDENT
DIRECTOR

- Serves currently as a Senior Advisor: at Morrow Sodali
- Global advisor to many boards of directors and management teams on corporate governance & shareholder engagement



Andrew Lyons
INDEPENDENT DIRECTOR

- Over 30 years' experience in program and project management in the public markets, financial, and technology sectors
- Advisory Board Member: Lida Resources (before going public) and Lakestone Resources—both Canadian Mining Companies
- BSc(CS), BBA, and MBA

CAPITALIZATION AND BALANCE SHEET OVERVIEW

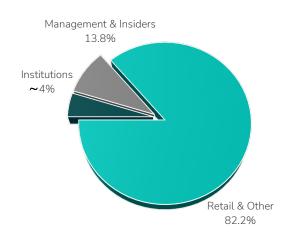
Capital Structure

Tickers	NASDAQ:FMST, CSE:FAT, FSE:F0R0
Share Price ¹	C\$3.10
52-Week Trading Range ¹	C\$2.60 - C\$13.50
Basic Shares Outstanding ²	4,830,417
Options ²	850,000
Warrants ²	845,765
FD Shares Outstanding ²	6,526,182
Market Capitalization (Basic) ¹	C\$15.0M
Cash ³	C\$2.4M
Debt ⁴	C\$1.9M



^{2.} As of January 25, 2024

Share Ownership



Substantial ownership by management & insiders

Share Price and Volume (Last 12 Months, 000s)



As September 30.2023

^{4.} As of September 30,2023: Includes \$1,125M shareholder loan from President and CEO



INVESTMENT HIGHLIGHTS

Strategic Location

SNOW LAKE, MANITOBA

Located at the tip of the **NAFTA** "superhighway" with easy access to North American battery and EV manufacturing sites.



Lithium Lane Properties

FOUR DISTINCT LITHIUM PROJECTS

Each project has its **own separate planned future drill program**, with the potential to independently reach significant tonnage.

Attractive Geology

MOVING FROM EXPLORATION TO DISCOVERY

Situated within known lithium-enriched trend lines that are all moving into the "discovery" phase (drill).

Favourable Market Outlook

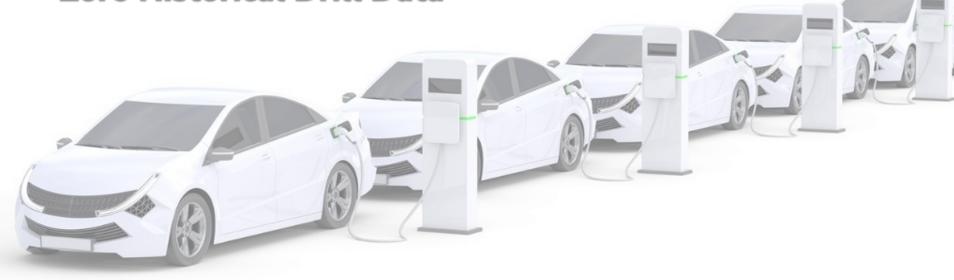
CRITICAL MINERALS INITIATIVES

The Electrification Transformation is underway, and ramping up domestic supply availability is the biggest constraint; Government grants are incentivizing and aiding miners and explorers to shore up their domestic supply

22

Appendix

Zoro Historical Drill Data



SUMMARY OF HISTORICAL DRILLING AT ZORO DYKE 1



Maiden Inferred Resource Estimate Dyke 1

Cut-Off Li₂O (%)	Tonnes	Li ₂ O (%)	Be (ppm)	Cs (ppm)	Ga (ppm)	Rb (ppm)	Ta (ppm)	Li ₂ O (tonnes)	Li ₂ Co ₃ (tonnes)
0.3	1,074,567	0.91	182	198	51	1,212	43	9,779	24,182
0.4	946,402	0.99	180	201	51	1,203	43	9,369	23,170
0.5	881,815	1.03	179	203	51	1,197	43	9,083	22,462
0.6	780,350	1.09	180	207	52	1,196	42	8,506	21,035
0.7	721,660	1.13	179	208	52	1,190	42	8,155	20,167
0.8	629,578	1.18	181	210	52	1,174	42	7,429	18,372
0.9	515,578	1.26	183	211	53	1,152	43	6,496	16,065
1.0	419,961	1.33	188	212	54	1,135	43	5,585	13,813

See "Company's SK-1300 Technical Report Summary (2023) and NI-43101 Technical Report (2018)

Exploration	Dates to	the	1950's's
-------------	----------	-----	----------

Dyke 1	Historical drilling is focused on this dyke. Outcrops along west side of ridge (4.5-6 m high). Up to 27 m wide at surface and is exposed in 16 historical cross- trenches over a 183 m strike length

Lithium

Mineralization is defined for 265 m along strike, up to 40 m wide and to a depth of 265m. Dyke 1 is open in all directions with excellent potential for further resource development without having been drilled since 2018

3D Model of Dyke 1



ZORO LITHIUM PROJECT: HISTORICAL DRILL RESULTS ON DYKES 8 & 3



Summary Highlights: Discovered in 2018 after drilling of a Mobile Metal Ions (MMI) soil geochemical anomaly

Intersecting high-grade lithium in 36.5 m of spodumene-bearing pegmatite

- Dyke 8
- 12.3 m of 1.1% Li₂O
- 4.4 m of 1.2% Li₂O
- 2.2 m of 1.5% Li₂O

Intersected by eight holes (total of 98.25 m)

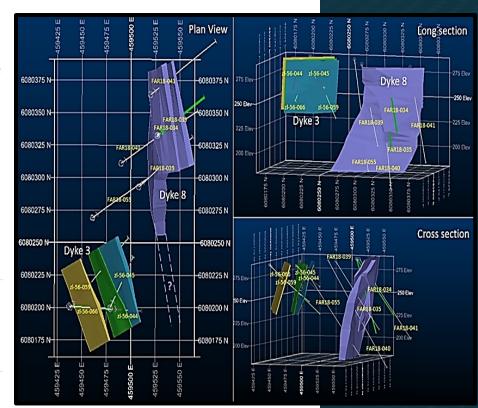
Drill defined over 120 m in length, 5-15 m in width and has been drilled to a depth of 157m

Dyke 3

Intercepted by three holes Remains open in all directions

Further Look

Dyke 3 and Dyke 8 may be connected; To be explored in future infill drill program





NASDAQ: FMST | CSE: FAT



President & CEO

Jason.barnard@foremostlithium.com

+1 (604) 330 8067

Foremostlithium.com







