

**IDAHO CHAMPION INTERSECTS
5.76 GRAMS PER TONNE GOLD OVER 12.65 METRES
AT THE BANER PROJECT**

Toronto, ON – October 29, 2018 - Idaho Champion Gold Mines Canada Inc. (CSE: ITKO) (“Champion” or the “Company”), is pleased to report assay results on holes 11 to 13 from the Company’s exploration program at the Baner Project in Idaho.

Highlights:

- Drilling continued to show mineralization intersected at shallow depths and frequent mineralization throughout the hole on ICG2018-13
- Assay results included ICG2018-13 which intersected 5.76 grams per tonne (“g/t”) over 12.65 metres and 9.02 g/t over 2 metres

Table 1: ICG2018 Drill Program Holes 11 to 13 – Significant Intercepts

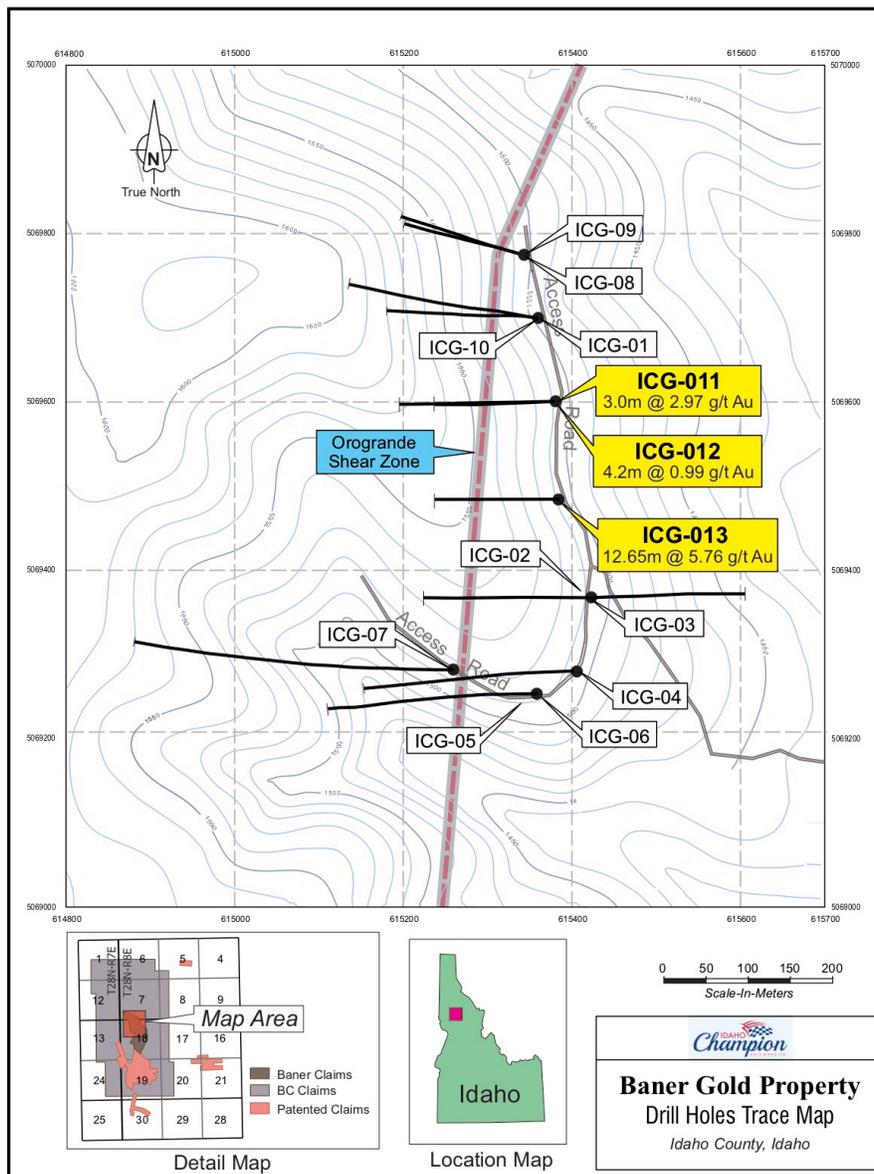
Drill Hole		From (m)	To (m)	Width (m)¹	Gold (Au) g/t
ICG2018-11		120	123	3.00	2.97
		172	173.2	1.20	8.26
		201	204.4	3.40	1.02
		253.4	255.5	2.10	3.72
ICG2018-12		75	77	2.00	2.33
		104.5	108	3.50	1.63
		135.8	138	2.20	0.56
		148	150	2.00	0.65
		155.9	157.2	1.30	1.28
		181	182	1.00	1.27
ICG2018-13		192.8	197	4.20	0.99
		8.65	21.30	12.65	5.76**
		32.2	34.2	2.00	9.02
		54.20	56.20	2.00	0.86
		74.2	76.2	2.00	0.41
		80.2	82.22	2.00	1.89
		126.8	128.7	1.90	1.79
		132.2	133.6	1.40	0.65
		136.6	137.6	1.00	0.41
		199.4	200.4	1.00	0.55
		203.4	204.4	1.00	0.93
	223	224	1.00	5.35	
	234.7	237	2.30	0.81	

¹The intervals reported in these tables represent drill intercepts and insufficient data are available at this time to state the true thickness of the mineralized intervals. All gold values are uncut.

** these intersections were highly oxidized and as a result, they have been sent out for re-assay using shorter sample lengths. Results will be issued when available.

President and CEO, Jonathan Buick stated: “This batch of assay results is another positive step towards discovering the structure. We believe that gold showings throughout hole 13 and at shallow depths are well mineralized are worthy of further exploration for what is mostly oxidized mineralization. “

Figure 1: Map of current drilling locations within the Baner property.



Drilling strategy

The 2018 Baner Drill Program takes into consideration historical reports (Wagner), Premium soil sample & geophysical data, rock data collected by Idaho Champion Gold Mines in 2016 & 2017 along with surface geological mapping. Drill Hole ICG2018-1 located the Orogrande Shear Zone and holes ICG2018 2,3,4, & 5 located the shear zone south of the first drill hole. Gold mineralization is related to the shear zone and occurs as fine grained pyrite on fractures and in veins and along foliation of quartzite. A deep level of oxidation was observed in the drill holes.

Drill hole selection at Baner was two-fold; utilizing the Baner database (historical reports, soil, rock, geophysical and mapping) along with current drill observations & results to plan out successive drill hole locations. Drill holes 11, 12, & 13 were important drill holes in understanding the location and nature of the OSZ as it occurs on the Baner property. As the Baner drill program has progressed, the Idaho Champion geologic team has improved their understanding of the OSZ.

Regional Description

The Baner Project is located within the Orogrande shear zone (OSZ), a 30 kilometer long and up to 3 kilometer wide regional shear zone located in Central Idaho. The Baner Claim block covers a series of parallel shear zones on the eastern margin of the OSZ. Significant oxidation and mineralization associated with the OSZ consists of quartz, sericite, & fine-grained pyrite. Mineralization includes disseminated low-grade precious metal mineralization in associated stockwork veins, hydraulic breccias; Plus high-grade gold associated with discrete structurally controlled quartz veins.

The Baner Project is in the central Idaho Gold Belt, 8 km south of the of Elk City, Idaho. Elk City is an historic gold mining region dating back to the 1860s and once supported more than 20 underground mines and extensive placer operations. During the 1930's there were three cyanide mills along the Crooked River processing open pit and underground sulfide ore. Exploration in the district during the 1980's and 1990's included Cypress-Amax, Kinross Gold, Bema Gold focused primarily on near-surface bulk-tonnage gold potential targeting a Fort Knox type occurrence. Premium Exploration conducted extensive drilling, soil sampling, and airborne and surface geophysics in the 2010 era. Currently a Finnish gold producer, Endomines AB is developing the Friday Gold Project at Orogrande into an underground gold operation.

QA/QC Program

Quality Assurance/Quality Control consists of the regular insertion of duplicates, blanks and certified reference standards into the sample stream. Check samples will be submitted to an umpire laboratory at the end of the drilling program. Samples are kept in a secure facility and transferred to American Analytical Services, Inc. in Osburn, Idaho in sealed containers on a weekly basis from the drill site by company contractors. Personnel handling core are using company approved protocols for all phases of core logging, sample delineation, sample layout, core cutting and storage.

American Analytical Services, Inc. is ISO 17025 certified.

American Analytical Services, Inc. has a standard operating procedure (SOP) for all aspects of sample drop off, drying and preparation, digestion, instrument analysis, quality control assurance and computerized data reporting.

Gold assays are determined by Fire Assay with a gravimetric finish using a 30 gram aliquot (1 Assay Ton). The detection limit for gold by FA/Grav is 0.10 g/t (100 ppb).

Idaho Champion as a part of the QA/QC protocol inserts a pre-pulverised 50g certified standard ranging in value from a low of 0.968 g/t, to 4.19 g/t and a high of 12.31 g/t. These are inserted by random grade into the sample stream at a rate of 1 standard every 20 samples. In addition a certified blank is inserted into the sample stream at a rate of 1 blank per 40 samples.

Assays are directly imported electronically from the American Analytical Services, Inc. certificate into Geosoft MX Deposit where QA/QC data are monitored for pass/fail.

Qualified Person

The technical information in this press release has been reviewed and approved by Peter Karelse P.Geol., a consultant to the Company, who is a Qualified Person as defined by NI 43-101. Mr. Karelse has more than 30 years of experience in exploration and development. Field work at the Baner project site was supervised by Jim Baughman P.Geol.

ABOUT IDAHO CHAMPION

Idaho Champion is a discovery-focused gold exploration company that is committed to advancing its 100% owned highly prospective mineral properties located in Idaho, United States. The Company's shares trade on the CSE under the trading symbol "ITKO". The Company's mineral properties include: Baner Gold Project – Located in Idaho County, Idaho, The former producing Champagne Project – Located near Idaho Falls and Idaho Cobalt Properties (Pending close on the transfer of claims from American Cobalt) which are in close proximity to eCobalt and First Cobalt.

ON BEHALF OF THE BOARD

"Jonathan Buick"

Jonathan Buick, President and CEO

For further information, please visit the Company's SEDAR profile at www.sedar.com or the Company's corporate website at www.idahochampion.com.

For further information please contact:
Nicholas Konkin, Marketing and Communications
Phone: (416) 477 7771 ext 205,
email: nkonkin@idahochamp.com

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Cautionary Statements

This News Release includes certain “forward-looking statements” which are not comprised of historical facts. Forward-looking statements include estimates and statements that describe the Company’s future plans, objectives or goals, including words to the effect that the Company or management expects a stated condition or result to occur. Forward-looking statements may be identified by such terms as “believes”, “anticipates”, “expects”, “estimates”, “may”, “could”, “would”, “will”, or “plan”. Since forward-looking statements are based on assumptions and address future events and conditions, by their very nature they involve inherent risks and uncertainties. Although these statements are based on information currently available to the Company, the Company provides no assurance that actual results will meet management’s expectations. Risks, uncertainties and other factors involved with forward-looking information could cause actual events, results, performance, prospects and opportunities to differ materially from those expressed or implied by such forward-looking information. Forward looking information in this news release includes, but is not limited to, the Company’s objectives, goals or future plans, statements, exploration results, potential mineralization, the estimation of mineral resources, exploration and mine development plans, timing of the commencement of operations and estimates of market conditions. Factors that could cause actual results to differ materially from such forward-looking information include, but are not limited to failure to identify mineral resources, failure to convert estimated mineral resources to reserves, the inability to complete a feasibility study which recommends a production decision, the preliminary nature of metallurgical test results, delays in obtaining or failures to obtain required governmental, environmental or other project approvals, political risks, uncertainties relating to the availability and costs of financing needed in the future, changes in equity markets, inflation, changes in exchange rates, fluctuations in commodity prices, delays in the development of projects, capital, operating and reclamation costs varying significantly from estimates and the other risks involved in the mineral exploration and development industry, and those risks set out in the Company’s public documents filed on SEDAR. Although the Company believes that the assumptions and factors used in preparing the forward-looking information in this news release are reasonable, undue reliance should not be placed on such information, which only applies as of the date of this news release, and no assurance can be given that such events will occur in the disclosed time frames or at all. The Company disclaims any intention or obligation to update or revise any forward-looking information, whether as a result of new information, future events or otherwise, other than as required by law.