

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: High Tide Inc. (the "Issuer").

Trading Symbol: HITI

Number of Outstanding Listed Securities: 196,888,846 (basic)

Date: March 6, 2019 for the month ended February 28, 2019

This Monthly Progress Report must be posted before the opening of trading on the fifth trading day of each month. This report is not intended to replace the Issuer's obligation to separately report material information forthwith upon the information becoming known to management or to post the forms required by Exchange Policies. If material information became known and was reported during the preceding month to which this report relates, this report should refer to the material information, the news release date and the posting date on the Exchange website.

This report is intended to keep investors and the market informed of the Issuer's ongoing business and management activities that occurred during the preceding month. Do not discuss goals or future plans unless they have crystallized to the point that they are "material information" as defined in the Policies. The discussion in this report must be factual, balanced and non-promotional.

General Instructions

- (a) Prepare this Monthly Progress Report using the format set out below. The sequence of questions must not be altered nor should questions be omitted or left unanswered. The answers to the items must be in narrative form. State when the answer to any item is negative or not applicable to the Issuer. The title to each item must precede the answer.
- (b) The term "Issuer" includes the Issuer and any of its subsidiaries.
- (c) Terms used and not defined in this form are defined or interpreted in Policy 1 – Interpretation and General Provisions.

Report on Business

1. *Provide a general overview and discussion of the development of the Issuer's business and operations over the previous month. Where the Issuer was inactive disclose this fact.*

General Overview

High Tide is an Alberta-based, retail-focused downstream cannabis corporation enhanced by the manufacturing and wholesale distribution of smoking accessories and cannabis lifestyle products. It is a vertically-integrated company in the Canadian cannabis market, with portfolio subsidiaries including RGR Canada Inc., Famous Brandz Inc., Kush West Distribution Inc., Smoker's Corner Ltd., Grasscity.com, Canna Cabana Inc. and the majority of KushBar Inc. High Tide's strategy as a parent company is to extend and strengthen its integrated value chain, while providing a complete customer experience and maximizing shareholder value. Key industry investors in High Tide include Aurora Cannabis Inc. (NYSE: ACB) (TSX: ACB) (Frankfurt: 21P; WKN: A1C4WM) and FSD Pharma Inc. (CSE: HUGE) (OTC: FSDDF) (FRA: 0K9).

Representing the core of High Tide's business, RGR Canada Inc. is a high-quality and innovative designer, manufacturer and distributor of cannabis accessories. Famous Brandz Inc. is a dominant manufacturer of licensed lifestyle accessories, through partnerships with celebrities and entertainment companies including Snoop Dogg and Paramount Pictures. Famous Brandz' products are sold to wholesalers and retailers around the world. Founded in 2009 and approved by the Canadian Franchise Association, Smoker's Corner Ltd. is among Canada's largest counter-culture chains with 12 locations. Kush West Distribution is in the process of becoming a cannabis wholesaler in the province of Saskatchewan. Based in Amsterdam since 2000, Grasscity.com is the world's preeminent and most searchable online retailer of smoking accessories and cannabis lifestyle products with approximately 5.8 million site visits annually. With the deregulation of recreational cannabis for adult use across Canada, Canna Cabana Inc., with 10 current locations, is in the process of becoming a sizeable retail brand with a sophisticated yet playful customer experience, while KushBar Inc. is a retail concept that will also be focused on the valued Canadian cannabis consumer.

High Tide's common shares commenced trading publicly on the Canadian Securities Exchange ("CSE") under the stock symbol "HITI" on Monday, December 17, 2018 and January 31, 2019 commenced trading on the Frankfurt Stock Exchange under the securities identification code "WKN:A2PBPS" and the ticker symbol "2LY".

Discussion of the Development of High Tide's Business and Operations during February 2019

High Tide Inc. ("High Tide")

High Tide reported its audited financial statements for the year ended October 31, 2018 and 2017. Those statements and the company's MD&A are filed on SEDAR.

On February 4, 2019, High Tide announced that it had entered into a letter of intent with a winner of one of the 25 opportunities to apply for a licence to operate a cannabis retail store as a result of the Alcohol and Gaming Commission of Ontario's Expression of Interest Application Lottery conducted on January 11, 2019, subject to regulatory approval. On February 12, the Company also announced that, again subject to regulatory approval, the Company has been selected to assist with the establishment and operation of a retail cannabis store by a second winner of one of the Ontario opportunities as a result of the Alcohol and Gaming Commission of Ontario's Expression of Interest Application Lottery.

In January 2019, High Tide moved into a new 27,000 square foot warehouse and office facility. Throughout the month of February, operations were focused on optimizing warehouse activities as well as refining the implementation of the new Sage X3 enterprise resource planning software ("ERP").

Wholesale Segment – RGR Canada Inc. ("RGR Canada")

The Calgary warehouse underwent a significant transition and reorganization in early 2019, with February seeing continued efforts to improve efficiencies and customer order fulfilment. RGR Canada continues its strong relative positioning to other wholesale competitors in the industry subsequent to the legalization of recreational cannabis for adult use in Canada in October of 2018.

Wholesale Segment – Famous Brandz Inc. ("Famous Brandz")

In February, the Company launched its new line of Snoop Dogg licensed glass smoking accessories, with distribution through its Calgary warehouse as well as the third-party fulfilment facility in the United States. The Company also launched this new line of products at the Champs trade show in Las Vegas, one of the largest events of its kind in the global industry. Samples of Guns N' Roses, The Beach Bum and Hellboy licensed products were also exhibited and pre-sold at the Champs conference.

The Company also expanded its catalogue of products that are available to the Ontario Cannabis Store ("OCS"), which has placed orders on a regular basis since entering the previously announced Master Accessories Supply Agreement on September 21, 2018.

Wholesale Segment – Kush West Distribution Inc. ("Kush West")

The Company continued to wait for its wholesale cannabis permit in the name of Kush West to be processed and approved by the Saskatchewan Lottery and Gaming Authority. High Tide expects its application to be approved and its permit to be issued in early 2019.

Retail Segment – Smoker's Corner Ltd. ("Smoker's Corner")

Smoker's Corner currently has 12 operating locations including four corporate stores and eight franchised stores. Six previous locations are currently in various stages of construction to become Canna Cabana retail locations, including five corporate stores and one franchised location.

One former location of Smoker's Corner was opened as a Canna Cabana franchise in the Kensington neighbourhood of Calgary in February, which is currently only licensed to sell smoking accessories and cannabis lifestyle products while the AGLC's moratorium on the incremental licensing of retail stores for the sale of cannabis products remains in effect.

Retail Segment – Canna Cabana Inc. (“Canna Cabana”)

In February, High Tide opened its eighth, ninth and tenth Canna Cabana stores in Alberta. The new stores are located at #116, 5305 Magasin Avenue in Beaumont, Alberta, at Unit #105, 330 10th Street NW in Calgary, Alberta and at 11032 Elbow Drive SW also in Calgary, Alberta. In total, the Company's Canna Cabana locations have grown in number to ten, four of which are approved to sell cannabis. The remaining locations have met all municipal business requirements and are approved to sell smoking accessories and cannabis lifestyle products while restricted only by the temporary suspension of incremental cannabis retail licensing by Alberta Gaming, Liquor and Cannabis (ALGC) which remains in effect. At the store level, Canna Cabana employees are now engaging with customers, educating them about cannabis and smoking accessories using the Company's proprietary training program, and otherwise interacting with stakeholders as new members of the surrounding community.

High Tide continued with its a free recycling program in all Canna Cabana stores for all Health-Canada approved cannabis product packaging. The recycling program will be offered at all subsequent Canna Cabana stores opening across Canada.

At the end of February, Canna Cabana was finishing preparations to participate as an exhibitor at Hempfest Cannabis Expo in Edmonton, Alberta on the weekend of March 1st, where it collected a large amount of customer data and pre-sold some of its products.

In January, High Tide announced that it has signed letters of intent to acquire two cannabis retail locations in Saskatchewan from two separate vendors. High Tide anticipates each transaction to be closed in early 2019 and it continues to pursue additional acquisition opportunities in the province.

In addition to its ten operating Canna Cabana retail stores in Alberta, High Tide continues to move forward with 26 other Canna Cabana locations under various stages of construction. In total, the Company has 36 approved development permits for its Canna Cabana and KushBar retail cannabis stores across Alberta and expects to receive the one remaining development permit required to achieve

Alberta Gaming, Liquor and Cannabis' maximum of 37 initial locations across the province.

Retail Segment – KushBar Inc. (“KushBar”)

The Company's four KushBar retail cannabis locations in Alberta are currently under various stages of construction.

Retail Segment – Grasscity.com (“Grasscity”)

The Company continues its integration of Grasscity, purchased in December of 2018 and based in Amsterdam. The Company's own-brand SKUs have been listed on Grasscity and are showing promise in initial testing with retail consumers. High Tide has also engaged Grasscity to review its current reporting practices in preparation for the first quarter 2019 public disclosure of financial results. The Company is also in the testing phase of a new Grasscity website, which is intended to be launched in the near term.

2. Provide a general overview and discussion of the activities of management.

Various internal teams are heavily involved in the implementation of the 2019 product planning, manufacturing and distribution program while concurrently developing a line of new product launches.

3. Describe and provide details of any new products or services developed or offered. For resource companies, provide details of new drilling, exploration or production programs and acquisitions of any new properties and attach any mineral or oil and gas or other reports required under Ontario securities law.

New licensed product lines arrived for Famous Brandz, including accessories from Snoop Dogg, Guns N' Roses, The Beach Bum, Hellboy, Cheech & Chong and the Company's own proprietary brand of vaporizers.

At Canna Cabana stores, new smoking accessory products were added to inventory, along with new cannabis strains as they became available.

4. Describe and provide details of any products or services that were discontinued. For resource companies, provide details of any drilling, exploration or production programs that have been amended or abandoned.

No material products or services were discontinued in February of 2019.

5. Describe any new business relationships entered into between the Issuer, the Issuer's affiliates or third parties including contracts to supply products or services, joint venture agreements and licensing agreements etc. State whether the relationship is with a Related Person of the Issuer and provide details of the relationship.

High Tide entered in a contract with Headquest, a monthly cannabis culture business-to-business magazine based in the United States. The magazine is a trusted source of industry information and a useful buying tool for retailers and consumers alike. It is broadly found in smoke shops, dispensaries, convenience stores and similar locations throughout Canada and the United States.

6. *Describe the expiry or termination of any contracts or agreements between the Issuer, the Issuer's affiliates or third parties or cancellation of any financing arrangements that have been previously announced.*

No material information to report.

7. *Describe any acquisitions by the Issuer or dispositions of the Issuer's assets that occurred during the preceding month. Provide details of the nature of the assets acquired or disposed of and provide details of the consideration paid or payable together with a schedule of payments if applicable, and of any valuation. State how the consideration was determined and whether the acquisition was from or the disposition was to a Related Person of the Issuer and provide details of the relationship.*

Nothing to report.

8. *Describe the acquisition of new customers or loss of customers.*

Participation in the Champs counter-culture trade show in Las Vegas, Nevada from February 27 to March 1, 2019 generated a significant amount of pre-sold products and resulted in an influx of new customers into High Tide's expanding database.

The Grasscity acquisition that was closed in December continues to contribute a significant number of new customers to the Company.

9. *Describe any new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software, subscription lists and trade-marks.*

Nothing to report.

10. *Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs.*

In February, a total of five employees were hired by the Company. No new hires in RGR Canada, one new hire in Smoker's Corner, two new hires in Canna Cabana and two new hires at the High Tide level.

In total, six employees departed the Company, four from RGR (1 voluntary, 3 involuntary due to realizing operational efficiencies), one from High Tide and one from Canna Cabana.

11. *Report on any labour disputes and resolutions of those disputes if applicable.*

Not applicable, as there were no labour disputes or resolutions to report during the month of February 2019.

12. *Describe and provide details of legal proceedings to which the Issuer became a party, including the name of the court or agency, the date instituted, the principal parties to the proceedings, the nature of the claim, the amount claimed, if any, if the proceedings are being contested, and the present status of the proceedings.*

Not applicable, as there were no legal proceedings to which the Company became a party during the month of February 2019.

13. *Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness.*

Nothing material to report for the month of February 2019.

14. *Provide details of any securities issued and options or warrants granted.*

High Tide did not issue additional securities or grant options or warrants during the month of February 2019.

15. *Provide details of any loans to or by Related Persons.*

There have been no loans to or by Related Persons.

16. *Provide details of any changes in directors, officers or committee members.*

High Tide welcomed Alex Mackay as Chief Operating Officer on February 22, 2019.

17. *Discuss any trends which are likely to impact the Issuer including trends in the Issuer's market(s) or political/regulatory trends.*

On November 2018, the AGLC announced that, due to the national shortage of legally produced cannabis, it was temporarily suspending accepting new applications and issuing any additional cannabis retail licences until further notice. AGLC ordered product to support up to 250 retail stores through the first six months of legalization, however, it only received approximately 20 per cent of what was ordered. Since the announcement, licensed producers have continued working with Health Canada to receive their licences and increase the amount of product available across the country, while AGLC has continued to allocate inventory to private retailers.

In January 2019, ALCG announced it is allowing another 10 licenses to move forward in the Alberta retail cannabis space. This increases the original 65 licenses to an allowable 75. It is hopeful this progression continues. In relation to cannabis supply, there are indications of increased supply and variety however the AGLC has provided no timeline on future developments. It is expected that edibles and concentrates will be certified for sale in the 3rd quarter of 2019 as disclosed by ALCG.

In December 2018, the Province of Ontario announced significant changes to its cannabis retail licensing system. Rather than proceeding with its previously announced framework to allow cannabis retailers who satisfy various conditions to operate up to 75 locations each, the Province will only be licensing 25 total retail locations in advance of April 1, 2019 in response to concerns about supply shortages for legally produced cannabis. To determine which operators will be eligible to apply for the first 25 licenses, the Alcohol and Gaming Commission of Ontario ("AGCO") held a lottery on January 11, 2019. High Tide was aligned themselves with two winners of that lottery, as disclosed previously in this document.

Certificate Of Compliance

The undersigned hereby certifies that:

1. The undersigned is a director and/or senior officer of the Issuer and has been duly authorized by a resolution of the board of directors of the Issuer to sign this Certificate of Compliance.
2. As of the date hereof there is no material information concerning the Issuer which has not been publicly disclosed.
3. The undersigned hereby certifies to the Exchange that the Issuer is in compliance with the requirements of applicable securities legislation (as such term is defined in National Instrument 14-101) and all Exchange Requirements (as defined in CNSX Policy 1).
4. All of the information in this Form 7 Monthly Progress Report is true.

Dated March 6, 2019.

Nick Kuzyk
Name of Director or Senior Officer

"Nick Kuzyk"
Signature

Chief Strategy Officer & SVP
Capital Markets
Official Capacity

Issuer Details	For Month Ending:	Date of Report:
Name of Issuer: High Tide Inc.	February 28, 2019	19/03/06
Issuer Address: #111-113, 11127 15 th Street NE		
City/Province/Postal Code: Calgary, Alberta T2K 2M4	Issuer Fax No.: (403) 265-4244	Issuer Telephone No.: (403) 265-4207
Contact Name: Krystal Dafoe	Contact Position: Director of Corporate Governance & Listings	Contact Telephone No.: (403) 265-4207
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