

FORM 7

MONTHLY PROGRESS REPORT

Name of CSE Issuer: EMP METALS CORP. (the "Issuer")

Trading Symbol: EMPS

Number of Outstanding Listed Securities: 62,321,238

Date: October 4, 2022

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.

EMP Metals Corp. (previously Sentinel Resources Corp.) (the "Issuer" or "EMP") is engaged in the exploration and development of mineral properties in Canada.

On February 28, 2020, the Issuer successfully completed its initial public offering (the "IPO") and issued 6,500,000 common shares at a price of \$0.10 per share for proceeds of \$650,000. The Issuer's common shares were listed on the Canadian Securities Exchange ("CSE") effective February 28, 2020, with its common shares commencing trading on the CSE on March 2, 2020 under the trading symbol "SNL".

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

During the month of September, the Issuer has continued to further explore and develop its mineral properties in Saskatchewan (the "Li-Brine Properties") through its 100% ownership of Hub City Minerals Corp. ("HCM"). HCM owns 75% of the outstanding common shares of Hub City Lithium Corp. ("HCL").

On September 27, 2022, the Issuer announced that HCL has acquired an additional wellbore in its Mansur Permit Area. The new well, 101/14-36-008-13 W2M ("Second Test Well"), is located at the Mansur Permit Area of southeast Saskatchewan and is approximately half a mile from the Company's first test well in the Mansur. The Second Test Well has been acquired for no consideration and the assumption of future abandonment and reclamation costs, which aligns with the Issuer's highly cost-effective strategy of testing for lithium in existing infrastructure. A multi-zone perf test will be performed on the Second Test Well, testing the inflow potential and lithium concentrations in the target Duperow zone. Testing is expected to commence in or around Q4 2022.

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.

No new products or services were developed to completion or offered in the current reporting month.

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.

Not applicable.

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.

Issuer did not enter into any new business relationships during the month of September, 2022.

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.

Not applicable.

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.

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

Not applicable.

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.
Not applicable.
10. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs.
Not applicable.
11. Report on any labour disputes and resolutions of those disputes if applicable.
Not applicable.
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.
13. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness.
During the reporting month, no indebtedness was incurred or repaid outside of the normal course of operations.
14. Provide details of any securities issued and options or warrants granted.
No common shares, stock options or share purchase warrants were issued by the Issuer or exercised in the reporting month.
15. Provide details of any loans to or by Related Persons.
There were no loans to or by Related Persons in the reporting month.
16. Provide details of any changes in directors, officers or committee members.
There were no changes in directors, officers or committee members in the reporting month.
17. Discuss any trends which are likely to impact the Issuer including trends in the Issuer's market(s) or political/regulatory trends.
During the current reporting month, the global COVID-19 pandemic risk remains. The actual and threatened spread of the virus globally has had a material adverse effect on the global economy and specifically, the regional economies in which the Company operates. Although the Issuer is presently not aware of any confirmed cases of COVID-19 among its management and employees, it may result in modest delays in the course of business, including potential delays to its exploration efforts/activities/programs. In addition, the current pandemic could have a negative impact on the stock market, including trading prices of the Issuer's shares and its ability to raise new capital. These factors, among others, could have a significant impact on the Issuer's operations.

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 CSE 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 CSE Requirements (as defined in CSE Policy 1).
4. All of the information in this Form 7 Monthly Progress Report is true.

Dated October 4, 2022.

Rob Gamley
Name of Director or Senior
Officer

(s) Rob Gamley
Signature

CEO and Director
Official Capacity

Issuer Details Name of Issuer	For Month End	Date of Report YY/MM/DD
EMP METALS CORP.	September, 2022	2022/10/04
Issuer Address 204 - 998 Harbourside Dr.		
City/Province/Postal Code North Vancouver, British Columbia V7P 3T2	Issuer Fax No. (604) 684-0642	Issuer Telephone No. (604) 639-3880
Contact Name Rob Gamley	Contact Position CEO and Director	Contact Telephone No. (604) 639-3880
Contact Email Address rob@contactfinancial.com	Web Site Address	