

## FORM 7

### **MONTHLY PROGRESS REPORT**

Name of Listed Issuer: HIGH TIDE RESOURCES CORP. (the "Issuer").

Trading Symbol: HTRC

Number of Outstanding Listed Securities: 72,374,908

Date: December 5, 2022

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.

**The Issuer it has engaged both EarthLabs Inc. and Geomantia Consulting to assist with an initial Phase 1 prospecting program at its 14,400-hectare Clearcut Lithium Project.**

The Issuer closed the first tranche of its previously announced non-brokered private placement. The first tranche consisted of the sale of 4,000,000 units of the Company (the "HD Units) at a price of \$0.10 per HD Unit for aggregate proceeds of \$400,000.

Each HD Unit is comprised of one (1) common share in the capital of the Company (a "Common Share") issued on a non-flow-through basis and one half of one Common Share purchase warrant (each whole Common Share purchase warrant, a "Warrant"). Each Warrant entitles the holder thereof to acquire one (1) Common Share (a "Warrant Share") at a price of \$0.16 per Warrant Share for a period of sixty (60) months following the closing date of the applicable tranche of the offering.

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

**Management was focused on the prospecting activities at the Clearcut Lithium Project and completing the non-brokered private placement.**

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 projects added. See discussion in points 1 & 2.**

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 exploration, drilling or production programs were amended or abandoned during November 2022.**

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.

**No new business relationships were entered into during November 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.

**During November 2022 no contracts or agreements were cancelled, and no previously announced financing arrangements were cancelled.**

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.

**There were no acquisitions or dispositions of assets during November 2022.**

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

**This item is not applicable as the Issuer has no customers.**

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.

**There have been no new developments or effects on intangible products.**

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

**The Issuer did not hire, terminate or lay-off any employees in November 2022.**

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

**The Issuer was not involved in any labour disputes in November 2022.**

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.

**The Issuer did not become a party to any legal proceedings during November 2022.**

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

**The Issuer did not incur or repay any indebtedness during November 2022.**

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

**The following securities were issued during November 2022.**

<b>Security</b>	<b>Number Issued</b>	<b>Details of Issuance</b>	<b>Use of Proceeds<sup>(1)</sup></b>
Common shares	4,000,000	Private placement	\$400,000 will be used for exploration of the Company's mineral properties and for general corporate purposes.
Warrants	2,000,000	Each Warrant will entitle the holder thereof to acquire one Common Share at a price of \$0.16 per share. Expiry date of November	n/a

		17, 2026	

*(1) State aggregate proceeds and intended allocation of proceeds.*

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

**No loans were made to or by Related Persons during November 2022.**

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

**There were no changes in directors, officers or committee members during November 2022.**

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

**Fluctuations in demand for minerals and pricing of commodities are trends that could impact the Issuer. The Issuer has government approval and permits to conduct its mineral exploration at Labrador West Iron Project so there are no current political/regulatory concerns.**

## 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 were 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 December 5, 2022.

Steve Roebuck  
Name of Director or Senior  
Officer

(Signed) "Steve Roebuck"  
Signature  
Interim CEO  
Official Capacity

<b>Issuer Details</b> Name of Issuer HIGH TIDE RESOURCES CORP.	For Month End November 2022	Date of Report YY/MM/D 2022/12/05
Issuer Address Suite 902 – 18 King Street East		
City/Province/Postal Code Toronto, Ontario, M5C 1C4	Issuer Fax No. (647)259-1785	Issuer Telephone No. (905) 741-5458
Contact Name Steve Roebuck	Contact Position Interim CEO	Contact Telephone No. (905) 741-5458
Contact Email Address info@hightideresources.com	Web Site Address www.hightideresources.com	