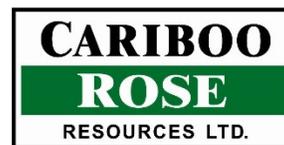


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NEWS RELEASE

Cariboo Rose Resources Ltd. Announces Adoption of 10% Rolling Stock Option Plan

Vancouver, October 1, 2018, Cariboo Rose Resources Ltd. (the “Company”) (TSX-V: CRB) announces that the Company has elected to adopt a 10% “rolling” stock option plan (the “New Stock Option Plan”), to replace its existing “fixed number” stock option plan.

The adoption of the New Stock Option Plan is subject to the Company receiving shareholder approval at its next annual general meeting, to be held on November 7, 2018, as well as acceptance by the TSX Venture Exchange.

David M Douglas, CPA, CA
CFO, Director
Cariboo Rose Resources Ltd.

Neither the TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this news release.