

PACIFIC NORTH WEST CAPITAL ANNOUNCES ASSAYS, UP TO 4.33% LITHIUM OXIDE ON THE LITHIUM ONE PROJECT, SOUTHEAST MANITOBA

- **Samples from the Silverleaf Pegmatite yielded assays up to 4.33% Li₂O, 2.08% Rb₂O and 0.04% Ta₂O₅**
- **Numerous other Pegmatites and Pegmatitic Granite sites sampled**
- **Drilling slated for early 2017**

December 8th, 2016 - Vancouver, British Columbia – Pacific North West Capital Corp. (“PFN” the “Company”) (TSXV: PFN; OTCQB: PAWEF; FSE: P7J) is pleased to announce that its 100% owned subsidiary, Lithium Canada Developments, has received the assay results of its Phase One Exploration Review of the Lithium One Project.

The Lithium One Project ([April 21st, 2016 News Release](#)) is located 125 kilometres northeast of Winnipeg, Manitoba, in the Cat Lake-Winnipeg River Pegmatite Field. This Pegmatite Field is host to the world-class Tanco Pegmatite, which has been mined since 1969. Historically, the project area is known for the presence of numerous surface Pegmatites, of various dimensions and compositions.

The Company carried out a Phase One Exploration Program, whereby several of the known Lithium-bearing Pegmatite were prospected and sampled, including the Greer Lake Pegmatitic Granite. The purpose of the exploration program was to obtain modern-day assay analyses of the Pegmatites and to ground proof the historic Pegmatite locations. Numerous Pegmatites and Pegmatite swarms were not sampled, due to access difficulties and will be prospected at a later time.

The Silverleaf Pegmatite is a zoned complex Lithium-bearing Pegmatite, with a surface exposure of approximately 80 metres x 45 metres. It was the largest Pegmatite reviewed. **Samples taken from the Lepidolite-Spodumene Zone yielded assays from 1.30% to 2.43% Li₂O, 0.15% to 2.08% Rb₂O and 104 ppm to 447 ppm Ta₂O₅.** This zone is approximately 50 metres x 20 metres in size and extends into a historic excavated open pit. The open pit originates from the late 1920s, when a bulk sample of Spodumene was mined from the southwest side of the Silverleaf Pegmatite. Large scale mining operations were not undertaken at the time, due to changes in the market conditions and commodity prices. **A sample from the historically mined Spodumene rock pile returned values up to 4.33% Li₂O.**

Many of the sampled Pegmatites are hosted in the Greer Lake Pegmatitic Granite. This unit is exposed on surface, over an approximate area of 3500 metres x 800 metres. The nature of the in-situ segregation, of the sampled Pegmatites, suggests a potential exploration target with the possibility of other complex Lithium-bearing Pegmatites, hosted within the Pegmatitic Granite, but below surface. Lithium-bearing Pegmatites tend to occur along the southern margin of the Greer Lake Pegmatite Granite (Figure 2), which is considered a potential exploration target horizon. **Historic exploration of the area has resulted in several untested lithochemical anomalies that will be target areas for future exploration.**

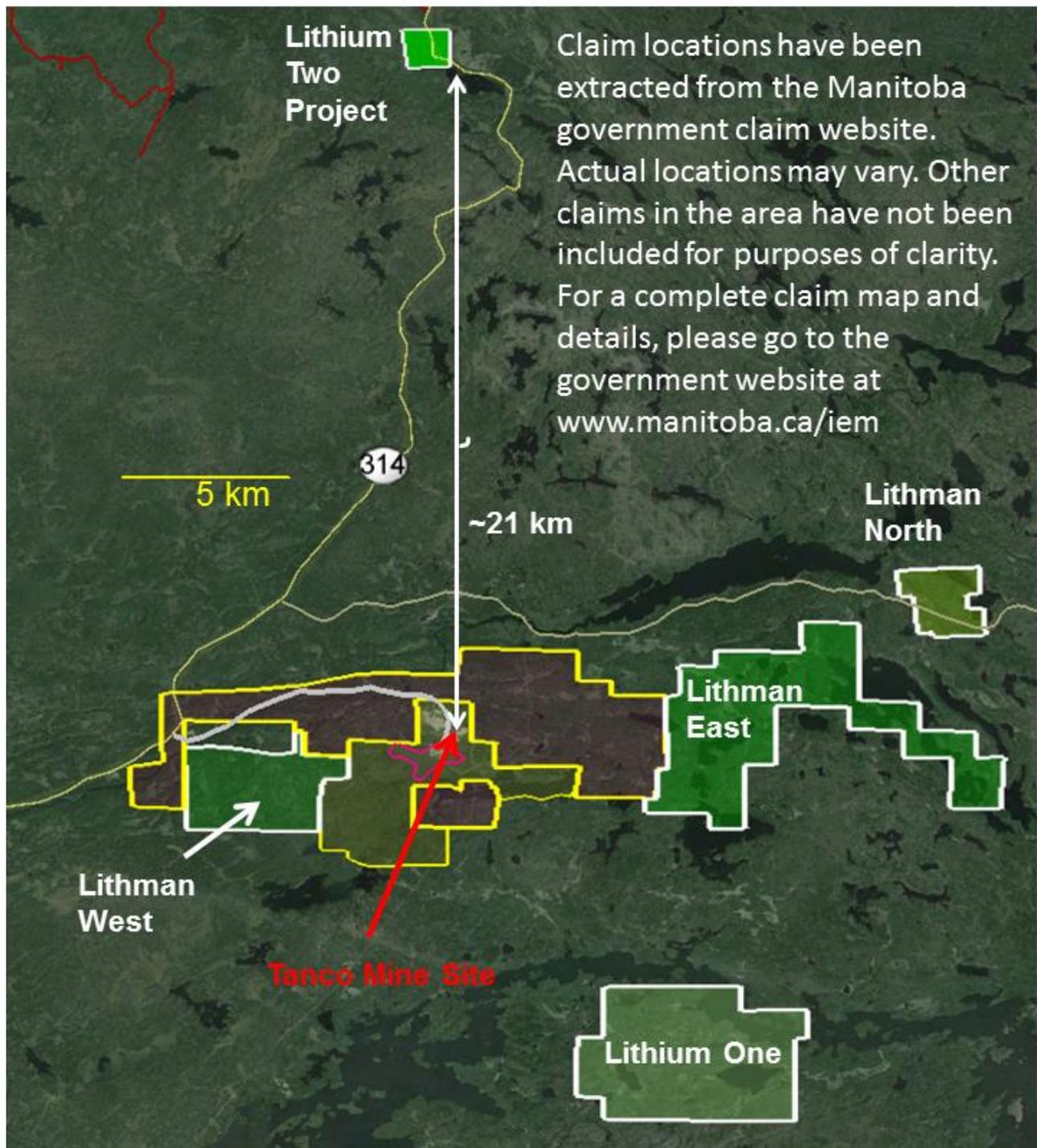


Figure 1: Lithium One Project Location Map

The Annie Pegmatite is exposed on surface, for an approximate area of 15metres x 90 metres. Samples returned assays of 0.10% to 0.64% Li_2O and 0.21% to 0.81% Rb_2O . Other Pegmatites returned elevated levels of Lithium. Due to the zoned nature of some of the Pegmatites, additional Lithium-rich zones may exist, but are not exposed on surface. It is recommended that a Program of Mapping and Sampling be carried-out, over the southern margin of the Greer Lake Pegmatite Granite, during the 2017 summer field season, in addition to mapping and prospecting the Pegmatites that were not examined, this field season. A Drill Program of 3000 metres is proposed for 2017, in order to test several of the surface exposed Pegmatites.

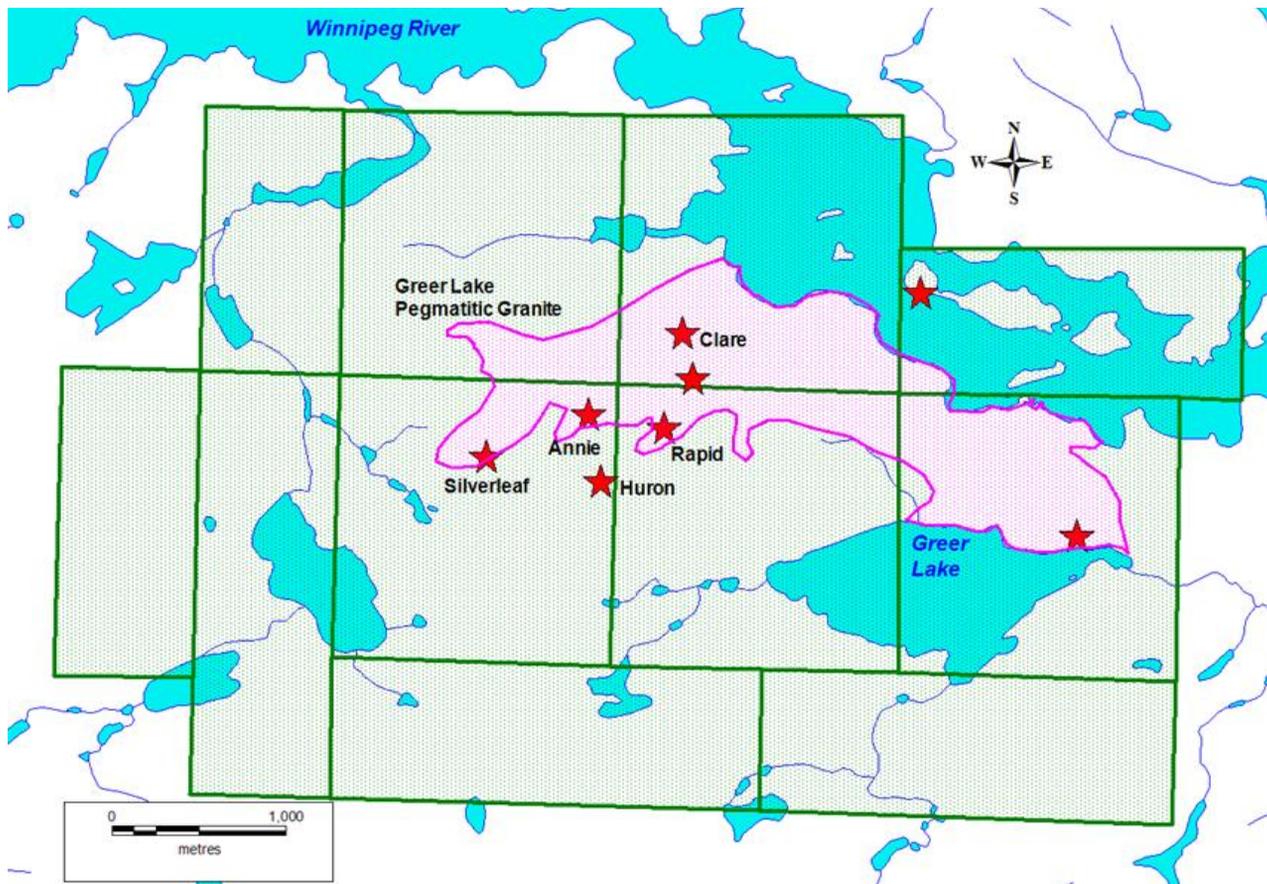


Figure 2: Lithium One Project Pegmatite Map

| Sample | Easting | Northing | Description | % Li2O | % Rb2O | % Ta2O5 | % Cs2O |
|--------|---------|----------|---|--------|--------|---------|--------|
| 172451 | 332156 | 5580092 | Silverleaf Peg - host peg gran | 0.01 | 0.00 | 0.00 | 0.00 |
| 172452 | 332172 | 5580088 | Silverleaf Peg - SQUI | 1.66 | 0.15 | 0.04 | 0.02 |
| 172453 | 332172 | 5580088 | Silverleaf Peg - Lep+qtz+squi | 1.30 | 1.14 | 0.01 | 0.08 |
| 172454 | 332178 | 5580091 | Silverleaf Peg - Albite Zone | 0.03 | 0.01 | 0.01 | 0.00 |
| 172455 | 332181 | 5580082 | Silverleaf Peg - Phosate zone | 0.19 | 1.26 | 0.04 | 0.15 |
| 172456 | 332184 | 5580024 | Silverleaf Peg - Spod Ore Pile | 4.15 | 0.02 | 0.00 | 0.00 |
| 172457 | 332213 | 5580080 | Silverleaf Peg - Lep Zone | 2.43 | 2.08 | 0.01 | 0.16 |
| 172461 | 333340 | 5580887 | Clare Peg - White alb+silver mica | 0.02 | 0.06 | 0.00 | 0.00 |
| 172462 | 333340 | 5580892 | Clare Peg - White alb+silver mica | 0.03 | 0.10 | 0.00 | 0.00 |
| 172463 | 333355 | 5580842 | Clare Peg - sugary albite | 0.02 | 0.09 | 0.00 | 0.00 |
| 172469 | 333318 | 5580425 | Rapid Peg - Ksp+qtz+mica | 0.01 | 0.11 | 0.00 | 0.00 |
| 172470 | 332702 | 5580392 | Annie Peg, Li mica, albite | 0.64 | 0.81 | 0.01 | 0.05 |
| 172471 | 332702 | 5580392 | Annie Peg, alb, clv and lep | 0.31 | 0.36 | 0.01 | 0.03 |
| 172472 | 332662 | 5580417 | Annie Peg, alb and spod | 0.10 | 0.21 | 0.01 | 0.03 |
| 172473 | 332591 | 5580451 | Annie Peg, alb and spod | 0.04 | 0.08 | 0.00 | 0.00 |
| 172478 | 332839 | 5579988 | Huron Peg - Blocky ksp+qtz | 0.00 | 0.17 | 0.00 | 0.00 |
| 172479 | 332841 | 5579988 | Huron Peg - Red ksp with 10% black oxides | 0.13 | 0.13 | 0.02 | 0.00 |
| 172480 | 332868 | 5579981 | Huron Peg - Red ksp with 10% black oxides | 0.01 | 0.01 | 0.01 | 0.00 |
| 172481 | 332817 | 5579974 | Huron Peg - Red ksp with 10% black oxides, monzanite? | 0.01 | 0.10 | 0.00 | 0.00 |
| 172482 | 333633 | 5581188 | Spod pile - Winnipeg River | 4.33 | 0.07 | 0.00 | 0.01 |
| 172483 | 334668 | 5581073 | Shadoway ls. Peg - alb+ksp+bk oxides | 0.12 | 0.13 | 0.00 | 0.00 |
| 172484 | 334693 | 5581070 | Shadoway ls. Peg - alb+ksp+bio+bk oxides | 0.03 | 0.09 | 0.00 | 0.00 |
| 172485 | 334690 | 5581069 | Shadoway ls. Peg - alb+ksp+bio+bk oxides | 0.02 | 0.04 | 0.00 | 0.00 |
| 172486 | 335675 | 5580255 | Feldspar Pile - albite rich | 0.01 | 0.00 | 0.00 | 0.00 |
| 172487 | 335675 | 5580255 | Feldspar Pile - smokey qtz with green mica | 0.01 | 0.00 | 0.00 | 0.00 |
| 172488 | 335675 | 5580255 | Feldspar Pile - ksp rich | 0.00 | 0.67 | 0.00 | 0.03 |
| 172490 | 335607 | 5579636 | Greer Lake, old trench, Peg - Mica zone | 0.11 | 0.09 | 0.00 | 0.01 |
| 172492 | 335672 | 5580240 | Feldspar Pile with sample found in woods - Ksp Peg | 0.05 | 0.11 | 0.00 | 0.00 |

Table 1: Pegmatite Field Assays – Lithium One Project

To date, the Company has approximately 6,318 hectares (15,612 acres) of mineral claims, with Lithium Mineral Potential, in the Cat Lake-Winnipeg River Pegmatite Field, of SE Manitoba. PFN is the Largest Mineral Claim Holder, in the Pegmatite Field. **As part of the Company's Prospector Generator Model, negotiations are currently ongoing, with interested 3rd parties, for possible Option/Joint Ventures and other Exploration Initiatives.**

PEGMATITE SAMPLE PROCEDURES

The Pegmatite samples were sent to the Activation Laboratories facility, in Ancaster, Ontario for analysis. Samples were prepared, using the lab's Code RX1 procedure. Samples are crushed, up to 95% passing through a 10 mesh, riffle split, and then pulverized, with mild steel, to 95%, passing 105 µm. Analyses were completed, using the lab's Ultratrace 7 Package; a Sodium Peroxide fusion which allows for total metal recovery and is effective for analysis of Sulphides and refractory minerals. Assay Analyses are carried out, using ICP-OES and ICP-MS instrumentation. Due to the reconnaissance and prospecting nature of the Phase One Program, independent standards, or blanks, were not submitted with the samples. However, Activation Laboratories followed their own internal QA/QC procedures. It is recommended that for future detailed mapping/sampling programs and for drilling, a full QA/QC program of standards, duplicates and blanks be implemented.

ABOUT PFN'S PGM DIVISION

PFN's flagship project is its 100% owned River Valley PGM Project, ([PFN Website – River Valley Project](#)) in the Sudbury Mining District of NW Ontario (60 kilometres due east of Sudbury, Ontario). Presently the River Valley Project has Measured + Indicated resources of 91 million tonnes @ 0.58 g/t* Palladium, 0.22 g/t Platinum, 0.04 g/t Gold, at a cut-off grade of 0.8 g/t for a PdEq of 2,463,000 ounces PGM plus Gold. River Valley PGM-Copper-Nickel Sulphide mineralized zones remain open to expansion and are undergoing continued exploration. Results are expected from the Fall Drill Program, in the next few weeks.

QUALIFIED PERSON

The contents contained herein that relate to Exploration Results, or Mineral Resources, is based on information compiled, reviewed, or prepared, by Dr. Bill Stone, Principal Consulting Geoscientist for Pacific North West Capital Corp. Dr. Stone is a Qualified Person, as defined by National Instrument 43-101 and has reviewed and approved the technical content.

On behalf of the Board of Directors

“ Harry Barr “

Harry Barr
Chairman and CEO

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