

Form 144

FORM 144

NOTICE OF PROPOSED SALE OF SECURITIES
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

144: Filer Information

Filer CIK 0001874308
Filer CCC XXXXXXXXX
Is this a LIVE or TEST Filing? LIVE TEST

Submission Contact Information

Name
Phone
E-Mail Address

144: Issuer Information

Name of Issuer TMC the metals Co Inc.
SEC File Number 001-39281
Address of Issuer 1111 WEST HASTINGS STREET
15TH FLOOR
VANCOUVER
BRITISH COLUMBIA, CANADA
V6E 2J3
Phone 888-458-3420
Name of Person for Whose Account the Securities are To Be Sold Shesky Craig
See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.
Relationship to Issuer Officer

144: Securities Information

Title of the Class of Securities To Be Sold	Name and Address of the Broker	Number of Shares or Other Units To Be Sold	Aggregate Market Value	Number of Shares or Other Units Outstanding	Approximate Date of Sale	Name the Securities Exchange
Common Stock	Merrill Lynch 225 Liberty Street Floor 37 New York NY 10281	215492	976917.17	413492045	03/26/2026	NASDAQ

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

144: Securities To Be Sold

Title of the Class	Date you Acquired	Nature of Acquisition	Name of Person from	Is this	Date Donor	Amount of Securities	Date of Payment	Nature of Payment *
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Transaction	Whom Acquired	a Gift?	Acquired	Acquired
Common Stock 03/20/2026 Vesting of restricted stock unit awards	TMC the metals Co Inc.	<input type="checkbox"/>	215492	03/20/2026 Granted as part of issuer equity compensation plan

* If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

144: Securities Sold During The Past 3 Months

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
Craig Shesky 1111 WEST HASTINGS STREET 15TH FLOOR VANCOUVER A1 V6E 2J3	Common Stock	03/24/2026	51941	246107.65
Craig Shesky 1111 WEST HASTINGS STREET 15TH FLOOR VANCOUVER A1 V6E 2J3	Common Stock	03/25/2026	78186	358297.02

144: Remarks and Signature

Remarks The sales reported here were effected to cover tax withholding obligations in connection with the vesting of restricted stock units that were pursuant to an automatic sell to cover transaction and does not represent a discretionary transaction.

Date of Notice 03/26/2026

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature Craig Shesky

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)