FLEX LNG: Announcement of New Chief Financial Officer

October 2 2017 – Hamilton, Bermuda – FLEX LNG LTD. (Oslo Børs: FLNG) (together with its subsidiaries, the "Company" or "FLEX LNG"), an emerging participant in the LNG shipping and floating regasification market, today announces the appointment of Øystein Kalleklev as Chief Financial Officer for the Company.

Mr. Kalleklev brings extensive experience in the shipping and energy sectors and capital markets experience to FLEX LNG. Prior to joining the Company, he served as Chief Financial Officer of Knutsen NYK Offshore Tankers AS from 2013 and Chairman of the General Partner of NYSE-listed KNOT Offshore Partners LP until recently this year. Mr. Kalleklev also worked for industrial investment company Umoe Group from 2006 to 2011, acting as Chief Financial Officer beginning in 2008. At Umoe he was also a Board Member of Umoe Gas Carriers as well as the Manging Director of the investment company Umoe Invest. In addition Mr. Kalleklev was Partner at investment bank Clarksons Platou from 2011 to 2013 and a business consultant for various energy companies while working for Accenture from 2005 to 2006. Mr. Kalleklev holds a MSc degree in Business Administration from Norwegian School of Economics (NHH) and a BA in Business and Finance from Heriot-Watt University.

Jonathan Cook, CEO comments:

"I am pleased to announce that Øystein has joined FLEX LNG. We expect that the breadth of his industry and corporate finance experience will add significant value to the Company as we work towards building the business into a leading player in the LNG shipping and floating regasification markets."

Øystein Kalleklev, CFO comments:

"This is an exciting time for FLEX LNG. The Company has rapidly established a presence in the market ahead of the scheduled deliveries of its state of the art fleet of LNG carriers. I look forward to helping FLEX LNG continue to execute its strategic growth plan and become a market leader in the LNG shipping and regasification market.

Questions should be directed to:

Jonathan Cook, Chief Executive Officer Tel. +44 20 7543 6699