

Form 144 Filer Information

UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

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	0001584469
Filer CCC	XXXXXXXX
Is this a LIVE or TEST Filing?	☒ LIVE ☐ TEST

Submission Contact Information

Name	
Phone	
E-Mail Address	

144: Issuer Information

Name of Issuer	BRISTOW GROUP INC.
SEC File Number	001-35701
Address of Issuer	3151 BRIARPARK DRIVE,
SUITE 700
HOUSTON
TEXAS
77042
Phone	713-369-4700
Name of Person for Whose Account the Securities are To Be Sold	JENNIFER WHALEN

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	Common
Name and Address of the Broker	Morgan Stanley Smith Barney LLC Executive Financial Services
1 New York Plaza
8th Floor
New York
NY
10004
Number of Shares or Other Units To Be Sold	5000
Aggregate Market Value	187729.50
Number of Shares or Other Units Outstanding	28814000
Approximate Date of Sale	08/07/2025
Name the Securities Exchange	NYSE

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

Common

Date you Acquired

08/31/2015

Nature of Acquisition Transaction

Shares Purchased through Employee Stock Purchase Plan

Name of Person from Whom Acquired

Issuer

Is this a Gift?

☐

Date Donor Acquired

Amount of Securities Acquired

261

Date of Payment

08/31/2015

Nature of Payment

Cash

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.

144: Securities To Be Sold

Title of the Class

Common

Date you Acquired

08/31/2017

Nature of Acquisition Transaction

Shares Purchased through Employee Stock Purchase Plan

Name of Person from Whom Acquired

Issuer

Is this a Gift?

☐

Date Donor Acquired

Amount of Securities Acquired

151

Date of Payment

08/31/2017

Nature of Payment

Cash

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.

144: Securities To Be Sold

Title of the Class

Common

Date you Acquired

03/19/2016

Nature of Acquisition Transaction

Shares Purchased through Employee Stock Purchase Plan

Name of Person from Whom Acquired

Issuer

Is this a Gift?

☐

Date Donor Acquired

Amount of Securities Acquired

838

Date of Payment

03/19/2016

Nature of Payment

Cash

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.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	02/29/2016
Nature of Acquisition Transaction	Shares Purchased through Employee Stock Purchase Plan
Name of Person from Whom Acquired	Issuer

Is this a Gift?

☐

Date Donor Acquired

Amount of Securities Acquired	143
Date of Payment	02/29/2016
Nature of Payment	Cash

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.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	08/31/2016
Nature of Acquisition Transaction	Shares Purchased through Employee Stock Purchase Plan
Name of Person from Whom Acquired	Issuer

Is this a Gift?

☐

Date Donor Acquired

Amount of Securities Acquired	268
Date of Payment	08/31/2016
Nature of Payment	Cash

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.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	03/14/2017
Nature of Acquisition Transaction	Shares Purchased through Employee Stock Purchase Plan
Name of Person from Whom Acquired	Issuer

Is this a Gift?

☐

Date Donor Acquired

Amount of Securities Acquired	1150
Date of Payment	03/14/2017
Nature of Payment	Cash

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.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	02/28/2018
Nature of Acquisition Transaction	Shares Purchased through Employee Stock Purchase Plan
Name of Person from Whom Acquired	Issuer

Is this a Gift?

☐

Date Donor Acquired

Amount of Securities Acquired	296
Date of Payment	02/28/2018
Nature of Payment	Cash

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.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	03/19/2015
Nature of Acquisition Transaction	Shares Purchased through Employee Stock Purchase Plan
Name of Person from Whom Acquired	Issuer

Is this a Gift?

☐

Date Donor Acquired

Amount of Securities Acquired	232
Date of Payment	03/19/2015
Nature of Payment	Cash

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.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	03/19/2017
Nature of Acquisition Transaction	Shares Purchased through Employee Stock Purchase Plan
Name of Person from Whom Acquired	Issuer

Is this a Gift?

☐

Date Donor Acquired

Amount of Securities Acquired	830
Date of Payment	03/19/2017
Nature of Payment	Cash

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.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	02/28/2017
Nature of Acquisition Transaction	Shares Purchased through Employee Stock Purchase Plan
Name of Person from Whom Acquired	Issuer

Is this a Gift?

☐

Date Donor Acquired

Amount of Securities Acquired	277
Date of Payment	02/28/2017
Nature of Payment	Cash

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.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	03/10/2018
Nature of Acquisition Transaction	Shares Purchased through Employee Stock Purchase Plan
Name of Person from Whom Acquired	Issuer

Is this a Gift?

☐

Date Donor Acquired

Amount of Securities Acquired	554
Date of Payment	03/10/2018
Nature of Payment	Cash

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

Nothing to Report ☒

144: Remarks and Signature

Remarks	
Date of Notice	08/07/2025

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	/s/ Jennifer Dawn Whalen
-----------	--------------------------

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