

ITEM 7.01 Regulation FD Disclosure

NBT Bancorp Inc. (NASDAQ: NBTB), the holding company for NBT Bank N.A., attended investor meetings, sponsored by Piper Jaffray, for institutional investors and analysts on Tuesday, July 12, 2016. Members of the executive management team made presentations regarding NBT Bancorp Inc.'s business activities and strategies. Presentation slides are available in the Investor Relations section of NBT Bancorp Inc.'s website at www.nbtbancorp.com.

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

NBT BANCORP INC.
(Registrant)

/s/ Michael J. Chewens
Michael J. Chewens
Senior Executive Vice
President
and Chief Financial
Officer

Date: July 12, 2016
