

ITEM 7.01 Regulation FD Disclosure

NBT Bancorp Inc. (NASDAQ: NBTB), the holding company for NBT Bank N.A., is attending investor meetings, sponsored by Keefe, Bruyette & Woods, for institutional investors and analysts on August 2, 2016. Members of the executive management team will make 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: August 2, 2016
