



ITEM 7.01 Regulation FD Disclosure

NBT Bancorp Inc. (NASDAQ: NBTB), the holding company for NBT Bank N.A., will attend the RBC Capital Markets Financial Institutions Conference for institutional investors and analysts on Tuesday, March 8, 2016. Members of the executive management team will be making presentations regarding NBT Bancorp Inc.'s business activities and strategies. Presentation slides will be available by 9:00 A.M. on Tuesday, March 8, 2016 in the Investor Relations section of NBT Bancorp Inc.'s website at [www.nbtbancorp.com](http://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: March 8, 2016

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