

# United States - States, capitals and abbreviations

We are only requiring you to learn the states of each region and their locations even though we included the capitals and the abbreviations.

## United States capital - Washington, D.C.

### Southwest States - states and capitals

Arizona	AZ	Phoenix
New Mexico	NM	Santa Fe
Texas	TX	Austin
Oklahoma	OK	Oklahoma City

### Northeast States - states and capitals

Maryland	MD	Annapolis
Pennsylvania	PA	Harrisburg
New York	NY	Albany
Vermont	VT	Montpelier
Maine	ME	Augusta
New Hampshire	NH	Concord
Connecticut	CT	Hartford
New Jersey	NJ	Trenton
Delaware	DE	Dover
Rhode Island	RI	Providence
Massachusetts	MA	Boston

### Middle West States - states and capitals

North Dakota	ND	Bismarck
South Dakota	SD	Pierre
Nebraska	NE	Lincoln
Kansas	KS	Topeka
Minnesota	MN	St. Paul
Iowa	IA	Des Moines
Missouri	MO	Jefferson City
Wisconsin	WI	Madison
Illinois	IL	Springfield
Michigan	MI	Lansing
Indiana	IN	Indianapolis
Ohio	OH	Columbus

### Southeast States - states and capitals

Louisiana	LA	Baton Rouge
North Carolina	NC	Raleigh
South Carolina	SC	Columbia
Virginia	VA	Richmond
Arkansas	AR	Little Rock
Mississippi	MS	Jackson
Tennessee	TN	Nashville
Alabama	AL	Montgomery
Georgia	GA	Atlanta
West Virginia	WV	Charleston
Kentucky	KY	Frankfort
Florida	FL	Tallahassee

### Mountain States - states and capitals

Montana	MT	Helena
Wyoming	WY	Cheyenne
Idaho	ID	Boise
Utah	UT	Salt Lake City
Colorado	CO	Denver

### Pacific States - states and capitals

Washington	WA	Olympia
Oregon	OR	Salem
Nevada	NV	Carson City
California	CA	Sacramento
Hawaii	HI	Honolulu
Alaska	AK	Juneau