The mainland of the United States is divided into five regions. They are the Northeast, Southeast, Midwest, Southwest and West.

* **Northeast:** Connecticut, Rhode Island, Massachusetts, New Hampshire, Vermont, Maine, New Jersey, New York, Pennsylvania, Maryland, Delaware and *Washington, D.C.*
* **Southeast:** Virginia, West Virginia, Kentucky, Tennessee, North Carolina, South Carolina, Georgia, Florida, Alabama, Mississippi, Arkansas, and Louisiana.
* **Midwest:** Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, and Wisconsin.
* **Southwest:** Arizona, New Mexico, Texas and Oklahoma.
* **West:** Idaho, Nevada, Washington, Oregon, California, Montana, Utah, Colorado, Wyoming, Alaska, and Hawaii.