The following is an alphabetical list of the territories of the United States. For reference, their land area and population (where applicable) have also been included.

1) American Samoa

• Total Area: 77 square miles (199 sq km)

• Population: 57,663 (2007 estimate)

2) Baker Island

• Total Area: 0.63 square miles (1.64 sq km)

Population: Uninhabited

3) Guam

• Total Area: 212 square miles (549 sq km)

Population: 175,877 (2008 estimate)

4) Howland Island

• Total Area: 0.69 square miles (1.8 sq km)

• Population: Uninhabited

5) Jarvis Island

• Total Area: 1.74 square miles (4.5 sq km)

• Population: Uninhabited

6) Johnston Atoll

• Total Area: 1.02 square miles (2.63 sq km)

Population: Uninhabited

7) Kingman Reef

• Total Area: 0.01 square miles (0.03 sq km)

Population: Uninhabited

8) Midway Islands (Midway Island and Eastern Island)

• Total Area: 2.4 square miles (6.2 sq km)

• Population: There are no permanent inhabitants on the islands but caretakers periodically live on the islands.

9) Navassa Island

• Total Area: 2 square miles (5.2 sq km)

Population: Uninhabited

10) Northern Mariana Islands (Saipan, Farallon de Pajaros, Maug Island, Agrihan, Pagan, Guguan, Sarigan, Anatahan, Farallon de Medinilla, Tinian, Rota)

• Total Area: 184 square miles (477 sq km)

• Population: 86,616 (2008 estimate)

11) Palmyra Atoll

• Total Area: 1.56 square miles (4 sq km)

Population: Uninhabited

12) Puerto Rico

• Total Area: 3,151 square miles (8,959 sq km)

• Population: 3,927,188 (2006 estimate)

13) U.S. Virgin Islands

• Total Area: 136 square miles (349 sq km)

• Population: 108,605 (2006 estimate)

14) Wake Island

• Total Area: 2.51 square miles (6.5 sq km)

• Population: 200 (2003 estimate)