

UNITED STATES SECURITIES AND EXCHANGE
COMMISSION

Washington, D.C. 20549

OMB APPROVAL

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INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF
SECURITIESFiled pursuant to Section 16(a) of the Securities Exchange Act of 1934
or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person* <u>Parman Mark C</u> (Last) (First) (Middle) <u>7701 E. KELLOGG DR., STE. 300</u> (Street) <u>WICHITA KS 67207</u> (City) (State) (Zip)	2. Date of Event Requiring Statement (Month/Day/Year) <u>02/27/2020</u>	3. Issuer Name and Ticker or Trading Symbol <u>EQUITY BANCSHARES INC [EQBK]</u>	
		4. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <u>Executive Vice President</u>	5. If Amendment, Date of Original Filed (Month/Day/Year) 6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
<u>Class A Common Stock</u>	<u>17,217⁽¹⁾</u>	<u>D</u>	

Table II - Derivative Securities Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)		3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)		4. Conversion or Exercise Price of Derivative Security	5. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable	Expiration Date	Title	Amount or Number of Shares			
<u>Stock Option (right to buy)</u>	<u>(2)</u>	<u>12/31/2024</u>	<u>Class A Common Stock</u>	<u>3,500</u>	<u>14.25</u>	<u>D</u>	
<u>Stock Option (right to buy)</u>	<u>(3)</u>	<u>12/31/2025</u>	<u>Class A Common Stock</u>	<u>5,000</u>	<u>23.39</u>	<u>D</u>	
<u>Stock Option (right to buy)</u>	<u>(4)</u>	<u>12/31/2025</u>	<u>Class A Common Stock</u>	<u>2,726</u>	<u>23.39</u>	<u>D</u>	
<u>Stock Option (right to buy)</u>	<u>(5)</u>	<u>01/30/2027</u>	<u>Class A Common Stock</u>	<u>2,074</u>	<u>33.15</u>	<u>D</u>	
<u>Stock Option (right to buy)</u>	<u>(6)</u>	<u>01/30/2027</u>	<u>Class A Common Stock</u>	<u>7,500</u>	<u>33.15</u>	<u>D</u>	
<u>Stock Option (right to buy)</u>	<u>(7)</u>	<u>02/20/2028</u>	<u>Class A Common Stock</u>	<u>3,330</u>	<u>37</u>	<u>D</u>	
<u>Stock Option (right to buy)</u>	<u>(8)</u>	<u>02/21/2029</u>	<u>Class A Common Stock</u>	<u>3,272</u>	<u>33.41</u>	<u>D</u>	

Explanation of Responses:

1. Includes 8,987 time-vested restricted stock units subject to time vesting of which 768 restricted stock units will vest on each of February 20, 2021, 2022 and 2023, and 1,399 restricted stock units will vest on February 7, 2021, 1,397 restricted stock units will vest on February 7, 2022, 1,399 restricted stock units will vest on February 7, 2023, 1,398 restricted stock units will vest on February 7, 2024, and 1,090 restricted stock units will vest on February 7, 2025.

2. The option is currently exercisable. The option previously vested in accordance with its terms.

3. The option vests in five equal installments beginning December 31, 2016.

4. The option vests in five equal installments beginning December 31, 2016.

5. The option vests in five equal installments beginning January 30, 2018.

6. The option vests in five equal installments beginning January 30, 2018.

7. The option vests in five equal installments beginning February 20, 2019.

8. The option vests in five equal installments beginning February 21, 2020.

Remarks:

/s/ Gregory H. Kossover, 03/11/2020
attorney-in-fact

** Signature of Reporting Date
Person

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

* If the form is filed by more than one reporting person, see Instruction 5 (b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.

Power of Attorney

Know all by these presents, that the undersigned hereby constitutes and appoints each of Brad S. Elliott and Gregory H. Kossover, signing singly, the undersigned's true and lawful attorney-in-fact to:

- (1) prepare, execute in the undersigned's name and on the undersigned's behalf, and submit to the U.S. Securities and Exchange Commission (the "SEC") a Form ID, including amendments thereto, and any other documents necessary or appropriate to obtain codes and passwords enabling the undersigned to make electronic filings with the SEC of reports required by Section 16(a) of the Securities Exchange Act of 1934, as amended (the "Exchange Act"), and the rules and regulations thereunder;
- (2) execute for and on behalf of the undersigned Forms 3, 4 and 5 (including amendments thereto) in accordance with Section 16(a) of the Exchange, and the rules and regulations thereunder;
- (3) do and perform any and all acts for and on behalf of the undersigned that may be necessary or desirable to complete and execute any such Form 3, 4 or 5, complete and execute any amendment or amendments thereto, file that Form with the SEC and any stock exchange or similar authority, and provide a copy as required by law or advisable to such persons as the attorney-in-fact deems appropriate; and
- (4) take any other action of any type whatsoever in connection with the foregoing that, in the opinion of the attorney-in-fact, may be of benefit to, in the best interest of, or legally required of the undersigned, it being understood that the documents executed by the attorney-in-fact on behalf of the undersigned pursuant to this Power of Attorney will be in such form and will contain such terms and conditions as the attorney-in-fact may approve in the attorney-in-fact's discretion.

The undersigned hereby grants to each such attorney-in-fact full power and authority to do and perform any and every act and thing whatsoever requisite, necessary, or proper to be done in the exercise of any of the rights and powers herein granted, as fully to all intents and purposes as the undersigned might or could do if personally present, with full power of substitution or revocation, hereby ratifying and confirming all that the attorney-in-fact, or the attorney-in-fact's substitute or substitutes, will lawfully do or cause to be done by virtue of this Power of Attorney and the rights and powers herein granted. The undersigned acknowledges that the foregoing attorneys-in-fact, and their substitutes, in serving in such capacity at the request of the undersigned, are not assuming, nor is Equity Bancshares, Inc., any of the undersigned's responsibilities to comply with Section 16 of the Exchange Act.

The undersigned agrees that each such attorney-in-fact may rely entirely on information furnished orally or in writing by or at the direction of the undersigned to the attorney-in-fact. The undersigned also agrees to indemnify and hold harmless Equity Bancshares, Inc. and each such attorney-in-fact against any losses, claims, damages or liabilities (or actions in these respects) that arise out of or are based upon any untrue statements or omissions of necessary facts in the information provided by or at the direction of the undersigned, or upon the lack of timeliness in the delivery of information by or at the direction of the undersigned, to that attorney-in-fact for purposes of executing, acknowledging, delivering or filing any Form 3, 4 or 5 (including any amendment thereto) and agrees to reimburse Equity Bancshares, Inc. and the attorney-in-fact on demand for any legal or other expenses reasonably incurred in connection with investigating or defending against any such loss, claim, damage, liability or action.

This Power of Attorney shall remain in full force and effect until the undersigned is no longer required to file Forms 3, 4 and 5 with respect to the undersigned's holdings of and transactions in securities issued by Equity Bancshares, Inc., unless earlier revoked by the undersigned in a signed writing delivered to the foregoing attorneys-in-fact.

IN WITNESS WHEREOF, the undersigned has caused this Power of Attorney to be executed as of the date written below.

/s/ Mark C. Parman

Signature

Mark C. Parman

Print Name

March 9, 2020

Date