



LAUREN GASTINEAU

@LAURENSBIGADVENTURE
503-530-0122 | LAUREN@TRAILSANDTREKKING.COM

I am an **outdoor** enthusiast living in the beautiful Pacific Northwest.

On Instagram and TikTok, you will find my hiking, backpacking, and camping adventures, outdoor gear and snack reviews, solo running, and more!

You will also get a glimpse into the rest of my life, including my Software Engineering job, daily walks, my oatmeal and dessert addiction, and life as a digital nomad.

I love living life to its **fullest**. I'm always exploring new places and having new experiences. My goal is to **inspire** more people to **get outside** and live a **balanced** life.



32K

INSTAGRAM
FOLLOWERS

441K

ACCOUNTS
REACHED IN THE
LAST 30 DAYS

6.7K

TIKTOK
FOLLOWERS

106.2K

TIKTOK VIDEO
VIEWS FROM THE
LAST 28 DAYS

WORKING WITH ME

I have been known to **backpack** over **15 miles**, **summit mountains**, and cross state and country lines to capture content for my partners. I am **dedicated** to creating high-quality content and I will go the **extra mile** to do so.

As a professional Software Engineer, I know how to **manage** my **time** and **tasks**. I always meet **deadlines**, I learn quickly, I am an excellent **communicator**, and I always have the end-user (your next customer) in mind.

HERE ARE SOME BRANDS I HAVE LOVED WORKING WITH:



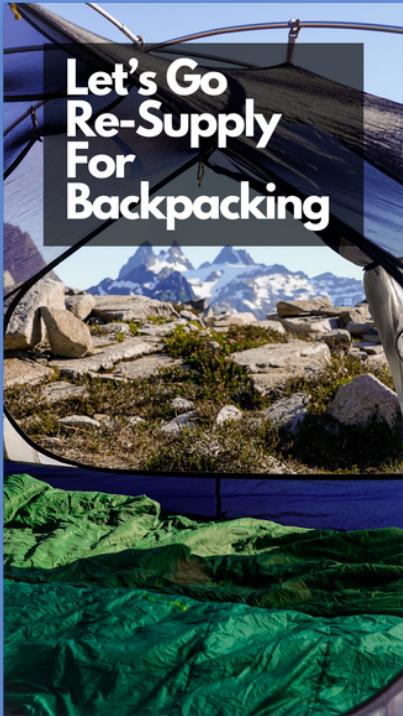
PHOTOS



VIDEOS

click images to be linked to posts

VOICE OVER EXPERIENCE



TRENDING SOUND



HIKING EXPERIENCE VLOG



GEAR REVIEW



SPEAKING TO CAMERA INFORMATIVE



CLOTHING HIGHLIGHT



SERVICES + RATES

Bundle discounts available

UGC VIDEO

starting at \$250

Engaging high-quality user generated content in video form highlighting your product or experience.

REEL VIDEO

\$1,400

Engaging high-quality video featuring your product on Instagram.

TIKTOK VIDEO

\$250

Engaging high-quality video featuring your product on TikTok.

WHITELISTING

starting at \$500

for 30 days of usage.

UGC PHOTO

starting at \$150

High-quality user generated content in photo form highlighting your product or experience.

INSTAGRAM POST

\$1,250

High-quality media posts highlighting your product and my experience with it.

INSTAGRAM STORIES

\$600

3 Instagram stories featuring your product with a sticker link.

LICENSING

starting at 6 months

organic social	\$135
paid social	\$270
digital	\$270
offline	\$540