



# LAUREN GASTINEAU

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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.



**31.6K**

INSTAGRAM  
FOLLOWERS

**591K**

ACCOUNTS  
REACHED IN THE  
LAST 30 DAYS

**6.6K**

TIKTOK  
FOLLOWERS

**94.2K**

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:



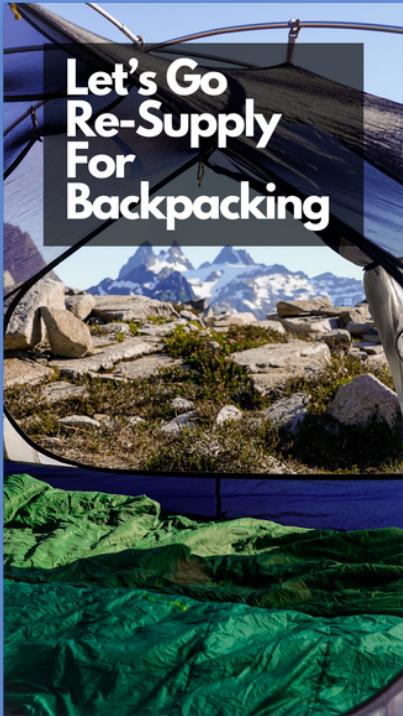
# PHOTOS



# VIDEOS

click images to be linked to posts

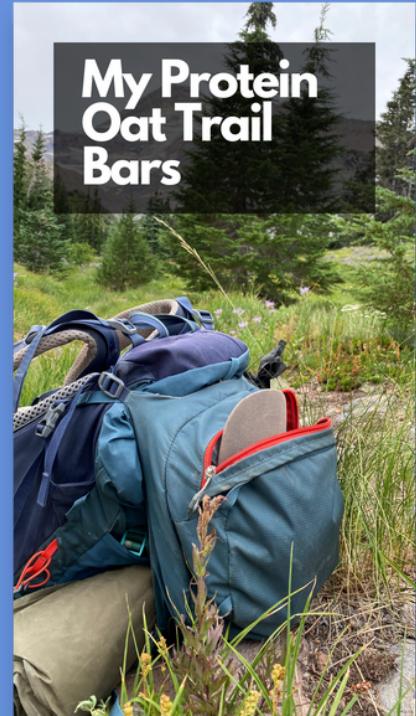
## VOICE OVER EXPERIENCE



## TRENDING SOUND



## RECIPE CREATION



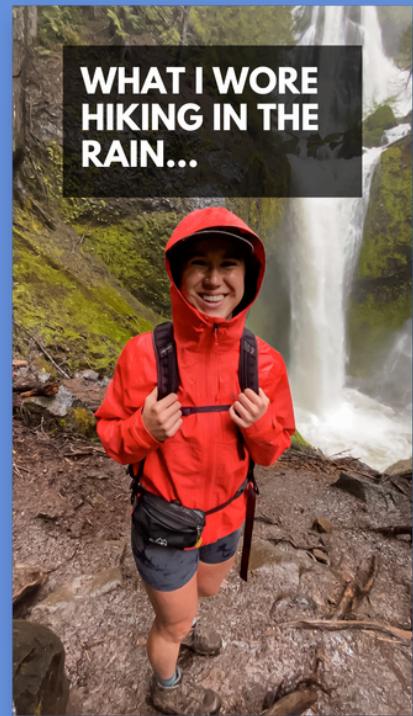
## GEAR REVIEW



## SPEAKING TO CAMERA INFORMATIVE



## CLOTHING HIGHLIGHT



# **SERVICES + RATES**

Bundles + small business, ethical, and sustainable  
business practice discounts available

## **UGC VIDEO**

**starting at \$250**

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

## **REEL VIDEO**

**\$1,500**

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**

**\$500**

3-5 Instagram stories featuring your product with a sticker link.

## **LICENSING**

**starting at 6 months**

organic social	\$900
paid social	\$1,650
digital	\$1,650
offline	\$3,300