



# 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.



**37.6K**

INSTAGRAM  
FOLLOWERS

**1.2M**

ACCOUNTS  
REACHED IN THE  
LAST 30 DAYS

**7.1K**

TIKTOK  
FOLLOWERS

**145.2K**

TIKTOK VIDEO  
LIKES

## 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.

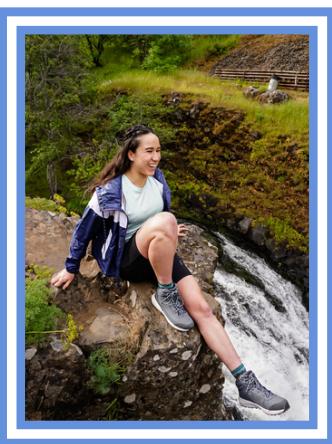
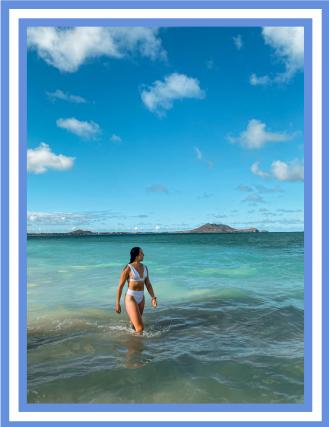
HERE ARE SOME BRANDS I HAVE LOVED WORKING WITH:



# PHOTOS

## LIFESTYLE SHOT

## PRODUCT FOCUS

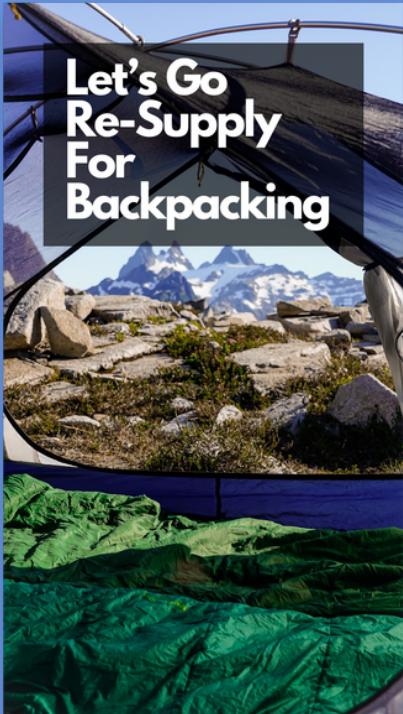




# VIDEOS

click images to be linked to posts

## VOICE OVER EXPERIENCE



## TRENDING SOUND



## HIKING EXPERIENCE VLOG



## GEAR REVIEW



## SPEAKING TO CAMERA INFORMATIVE



## CLOTHING HIGHLIGHT



# TESTOMONIALS

Curious what it's like to work with me? Below are recent testimonials from campaign managers

## COLUMBIA SPORTSWEAR

**"Lauren was a pleasure to work with! Her ability to create fun and engaging content was such an asset to our campaign. Looking forward to working with Lauren again in the future!"**

- Alicia Carillo at Collectively

## SEA TO SUMMIT

**"What a treat it is to work with Lauren! Already a brand fan, Lauren's online presence is something we fell in love with as she is an avid outdoor enthusiast who clearly has a strong relationship with her audience. Through her clear authenticity, she makes things fun, exciting, educational, inspiring, and most importantly, approachable to everyone. Lauren's communication is quick, reliable and everything a brand marketer could ask for. We're really looking forward to seeing what content she creates for us in 2023 and beyond!"**

- Margaux Maertens at Sea to Summit

## LATO

**"Working with you has been such a wonderful experience. You are extremely professional, always responding in a timely manner and producing top quality content. The content your produce is absolutely amazing and has been such a benefit for Lato. We have enjoyed working with you so much so that we are looking to continue our relationship with you as well!"**

- Lily Madigan at Gro

## QALO

**"Thanks so much! It was a pleasure working with you! Super professional with a quick turnaround!"**

- Erik Bell at Win Brands Group

## 8TH WONDER TEA

**"Lauren! It was so hard to decide but we'd love to license this one: ... Thanks so much!! Amazing work!"**

- Kathryn Jacobs at 8th Wonder Tea

## TINGGLY EXPERIENCES

**"Thank you so much for this amazing video!"**

- Egle Abromaite @ Tinggly LTD

# **SERVICES + RATES**

Bundle discounts available

## **UGC VIDEO**

**starting at \$500**

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**

**\$600**

Engaging high-quality video featuring your product on TikTok.

## **WHITELISTING**

**starting at \$500**

for 30 days of usage.

## **UGC PHOTO**

**starting at \$250**

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	\$225
paid social	\$450
digital	\$450
offline	\$900