



wear. **with** ease

**with**

The art  
and spirit  
of the Himalayas  
meet the  
ethical fashion





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with

LUXURY CASUAL WEAR  
APPAREL & ACCESSORIES



Kam For Sud is a Swiss NGO established in 1998 in Ticino by a group of people who believe in the true solidarity between human beings and in the value of intercultural work based on mutual respect, equal dignity, and friendship. Kam For Sud is a non-profit organization working for a sustainable development, in the field of education, health, climate change and for the protection of the childhood.

Having 20 years work experience in Nepal, Kam For Sud decided to develop an apparel and accessories collection integrating the art, craft and know-how of the Nepalese tradition with European designs.

**[kamforsud.org](http://kamforsud.org)**

School buildings and didactics  
Health post with maternity ward  
Traditional fabric  
Micro-hydro power  
Children home and organic farm  
Street children education and care  
Climate change challenges  
Distant sponsorships  
Post-earthquake reconstruction



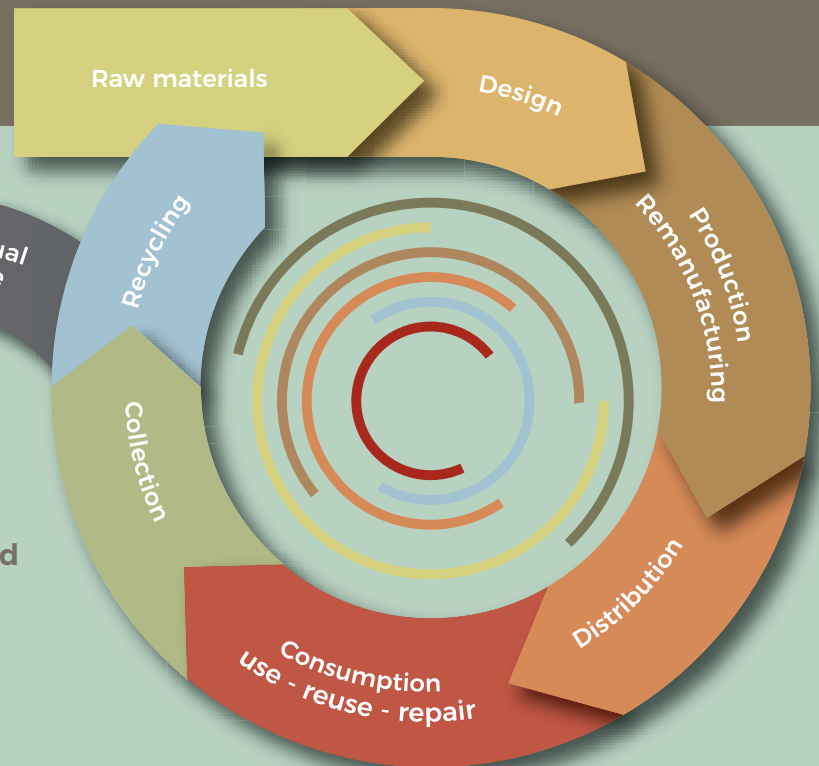




  
wear. **with** ease

... ABOUT  
THE ETHICAL ASPECTS  
WE CARE!

# the wear with ease collection: a circular, ecological, traceable and fair model



- only natural fibers and components are used
- all items are recycled or recyclable
- used clothes/pieces can be returned to Kam For Sud for recycling or composted
- workers are fairly paid and work under respectful conditions
- all elements are traceable along the production chain

# business model

The **Wear With Ease** collection creates jobs for Nepalese people in a fair and sustainable way. Manufacturers work with passion in a safe environment and according to fair trade principles.

This luxury casual-wear collection uses only natural components, no mixed or synthetic elements are involved. All components are either recycled or recyclable. The final products can be easily composted at the end of use and will be of no damage to the landfill.

All items are traceable from the raw material till the final product.

Two collections per year are created for the Swiss and European market. The benefits generated are brought back to Nepal into the Kam For Sud projects.





# strategy

**You can wear this collection with ease, just chose the item you like most: about the ethical aspects we care!**

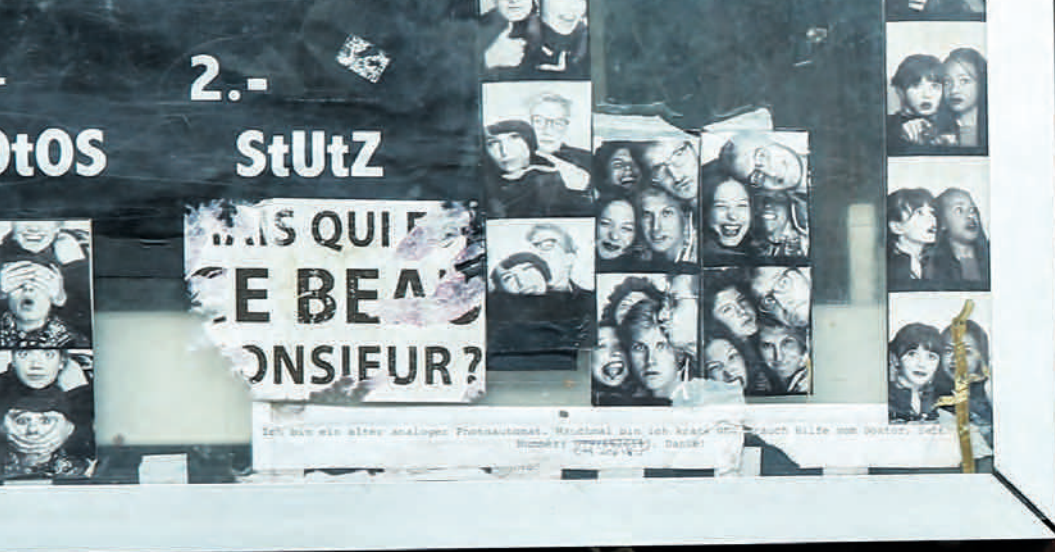
This collection generates dignified jobs in Nepal and offers to the young people supported by Kam For Sud the opportunity to learn an artisanal skill.

Spreading in Nepal the fair trade practices is part of our strategy in order to contribute rising awareness and strengthening human rights.

Taking care of the environment is not only a matter of personal conviction, but also a way to increase the sense of responsibility of the people toward our planet - from the producers to the clients.

Let's rethink together our way of dealing with the natural resources and with the value of human labour!





components of our products

Photoausgabe





## **YAK WOOL**

Our yak wool comes from Mongolia, where nomads hand comb the best part of the hair, called “Khullu”. Once washed and carded, the fiber is hand spun and used for our knitted or woven products manufactured in Nepal. We only use the natural colors brown and grey.

## **CASHMERE**

Our cashmere comes from a sustainable source in Mongolia: the herders benefit from a specific support program to avoid over grazing, in order to protect the natural environment of the cashmere-goats and the people.

## **LINEN**

Our linen yarn comes from India, where the fiber is spun into a very high quality yarn that is successively woven in Nepal. For the dyeing process only natural REACH certified colors are used.

## **HIMALAYAN NETTLE**

The giant Himalayan Nettle is wild growing and sustainably harvested. It is found almost exclusively in Nepal and has been woven in the Himalayas for centuries. In addition to weaving the fiber, the plant remains an important source of food and medicine for Himalayan tribes.

## **PEACE SILK**

The peace silk, also called Ahimsa- or Eri-silk, comes from India. It is produced without harming or killing the silk-worms. In contrast with the conventional practice, where thousands of caterpillars are killed to create one pound of silk, the peace silk is processed only after the insects have left the cocoons. The peace silk yarn is hand woven in Nepal together with cashmere wool.





### **TIBET AND MONGOLIAN SHEEP WOOL**

The Tibet sheep wool is carded and hand spun in Nepal with the highest care, in order to obtain a very soft non-itching yarn.

### **RECYCLED BRASS**

Our jewelry and our trims are made of recycled brass by experienced Nepalese artisans. Recycling the brass is a way to reduce the use of new copper and zinc, and to give a new life to the material.

### **BUFFALO HORN**

The horn of the buffalo is usually wasted in Nepal. Utilizing this resource is a way of making beautiful buttons from a sustainable source while reducing waste. The color of horn varies from black to brown and to white, and this variation can be used to make multicolored carved buttons.

### **CORAL AND LAPIS-LAZULI**

The coral used in our jewelry has Tibetan origins, while the lapis-lazuli come from Afghanistan. The precious stones are then cut in Nepal to perfectly fit the jewelry. They are a noble representation of the Nepalese flag colors and are the same used in the flag of Ticino, both places where Kam For Sud is rooted.

### **NEPALESE CRYSTAL**

Nepalese crystal mined from the Himalayan mountains in Nepal carries a highly pure spiritual energy and is known for its amazing clarity, brightness and sparkle. Ancients believed Nepalese crystal to be alive, taking a breath once in a century. The Himalayan quartz crystal is considered a beneficial stone that amplifies the energy of those carrying it. It is said to awaken the consciousness toward enlightenment and to protect against negativity.





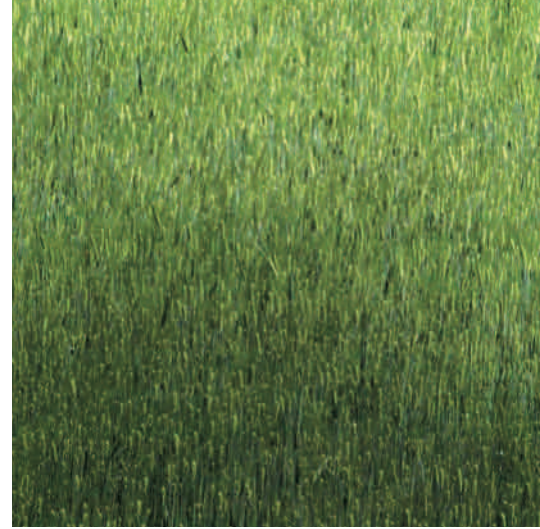
# labels

In order to avoid any synthetic part, our labels and packaging are made either of local Lokta paper or of selected recycled cotton saris, while the Kam For Sud trims are made of recycled brass.

The Lokta paper is a wildcrafted, handmade indigenous paper of Nepal, made with the bark of the *Daphne* spp. plant. Completely natural, the handmade composition labels and packaging have never been touched by the industrial chemicals.







# recycling: a new life starts

## **RECYCLABLE ...**

Our cloths and accessories are nearly 100% recyclable. The textile making process is energy- and resources-intensive, by recycling cloths you save resources to produce new textiles. That is why we invite our clients to return the used product to us. We can give your old cloth a second life!

## **... OR COMPOSTABLE**

All our cloths are biodegradable and can easily be composted. We love to upcycle our products before we recycle, but sometimes there's nothing to be done but sending secondhand fashion to the compost pile. If you wish to compost your cloths yourself, cut them into smaller pieces and take off the buttons and brass trims in order to allow them to compost better.









**The Kam For Sud - “Wear With Ease” collection  
integrates ecology, fair trade and social business.  
Our apparel and accessories collection combines  
the art, craft and know-how of the Nepalese  
tradition with European fashion and design.**

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