Digging sticks are used to break the earth to dig up roots and bulbs. Women traditionally have the honour of piercing the earth as they are highly valued as the givers of life. The Secwepemctsin word for digging stick is patsa (ba-jah).

Digging sticks were traditionally made of hawthorn wood because it is strong. Today, they are made of metal and wood.

Dr. Mary Thomas (Neskonlith) is shown holding a wooden digging stick. She worked throughout her life to protect the land and strengthen knowledge of Secwepemc culture.