Tea for Students: Cheap, Cheerful and Caffeinated

From the teas.co.uk wiki

> **Tea for students, in summary:** UK student-tea is £3-per-80-cups budget hot-drink that powers revision; Yorkshire/Tetley/PG Tips universal staples; L-theanine green for focus.

Last reviewed by the teas.co.uk team in May 2026.

Tea is the perfect student drink, cheap per cup, caffeine for revision, ritual for breaks, hot for cold student houses, infinitely shareable. A 240-bag Yorkshire Tea pack at 6-8p per cup beats every other caffeine option for value. The student tea cupboard needs four things: workhorse black, focus green, evening herbal, and emergency biscuits.

Why tea is student perfect

- **Cheap per cup.** 6-8p for big box mass market black tea.
- **Caffeine for revision.** Smoother than energy drinks, no sugar crash.
- **Hot in winter.** Heating bills are real. A cup of tea genuinely helps.
- **Sharable.** Brewing for 4 housemates is the same effort as brewing for 1.
- **No equipment.** A kettle, mug, and tea bag is the entire setup.
- **Versatile.** Black, green, herbal, different teas for different times of day.

The student tea cupboard

The workhorse black

Yorkshire Tea, Tetley, or PG Tips 240-bag box. Around £8-15. Lasts 2-3 months for a daily tea student. The morning kickstart and study session base.

The focus green

Twinings Pure Green or Clipper Green 80-bag pack. Around £4-5. For the L theanine + caffeine focus state during deep revision blocks.

The evening herbal

Pukka Night Time, Twinings Sleep, or Clipper Snore & Peace. Around £3-4 for 20 bags. Sleep support after a day of caffeine.

The variety pack

Twinings Best Loved Variety or Pukka Selection. For variety + sharing.

Revision tea routine

- **Morning (8-10am):** Strong black tea for the wake up.
- **Mid morning (10am-12pm):** Sencha or matcha for deep focus revision.
- **Lunch:** Water + light black tea.
- **Afternoon (2-4pm):** Earl Grey or further green tea, caffeine before the evening cutoff.
- **4pm cutoff:** Last caffeinated cup of the day.
- **Evening:** Chamomile, peppermint, lemon balm, caffeine free wind down.

Sharing tea

The shared kettle is a student house bonding ritual. Brewing for 4-6 people is the same effort as brewing for 1. Big box mass market tea is essential, it's the social common ground.

Pot brewing for the house: 1 teapot, 4 bags, just boiled water, 4 minutes. Pour with milk and sugar to taste.

Budget per cup maths

A 240-bag Yorkshire Tea pack at £15 = 6.25p per cup. Drinking 4 cups daily across a 30-week academic year:

- 4 cups × 7 days × 30 weeks = 840 cups
- 840 cups × 6.25p = £52.50 annually

£52.50 for the entire academic year of caffeine. Versus a takeaway coffee at £3-4 daily for 30 weeks: £630-840. Difference: £580-790 in a single academic year. That's a half year of streaming subscriptions.

Free shipping for student orders

The £35 free shipping threshold is achievable with a student tea bulk order: 240-bag Yorkshire + 80-bag Pukka Night Time + variety pack + biscuits = ~£30-35. More on free shipping.

Tea + revision food

The classic student combinations:

- Tea + toast + Marmite (cheap, satisfying, savoury)
- Tea + Digestive biscuit (5-10p per snack)
- Tea + cheap chocolate (£1 chocolate bar lasts a week)
- Tea + porridge (breakfast on the cheap)

Hangover tea

Strong black tea + honey + lemon. The traditional British hangover routine. Plus electrolyte drink and water, alcohol genuinely dehydrates and tea isn't a substitute for water in this case.

Late night essay tea

Strong matcha or strong black tea. Cuts through fatigue better than coffee for some, the L theanine smooths out the caffeine peak. Drink water alongside.

Stress and anxiety tea

Pukka Relax, chamomile, lemon balm. Exam season + dissertation deadlines = real stress. The 10-minute tea break is a legitimate reset. More on tea for anxiety.

Cold student house tea

Heating is expensive. A cup of tea genuinely warms you for 20-30 minutes (more than the calories suggest, the warmth is partly subjective). Big mug + strong tea + jumper = legitimate cost saving.

Sharing tea with international students

Tea is universal. Chinese students will introduce you to gongfu brewing; Indian students will share masala chai recipes; Japanese students will demonstrate sencha brewing. The student kitchen is one of the great cross cultural tea spaces.

Best UK tea for students by use case

- **Daily everyday:** Yorkshire Tea 240-bag pack.
- **Revision focus:** Twinings Pure Green or matcha.
- **Late night essay:** Strong PG Tips or matcha.
- **Sleep recovery:** Pukka Night Time.
- **Hangover:** Yorkshire Tea + honey + lemon.
- **Stress:** Pukka Relax or chamomile.
- **Sharing:** Big box mass market or variety pack.

FAQ

Cheapest per cup tea? 240-bag Yorkshire Tea pack, about 6p per cup.

Best for revision? Green tea or matcha for L theanine focus state.

Tea or coffee for students? Tea is cheaper, smoother, and easier to share. Many students drink both.

Late night essay caffeine? Strong black tea or matcha. Don't push past 11pm if exam tomorrow.

Free shipping? £35 threshold. Bulk order with housemates.

Curator's note: tea is the great student drink. Cheap per cup, social through sharing, versatile across the day. The 240-bag Yorkshire pack will see most students through a term. Worth investing the cupboard space. Lee, teas.co.uk, Tunbridge Wells.

tea for UK students at a glance

Use case	The tea pick
Revision focus	Strong green tea or matcha; L-theanine + caffeine focus
Late-night essay	Strong black tea; 80mg caffeine sustained alertness
Morning hangover	Yorkshire builder + lots of water; rehydration
Cold student house	Hot chai or strong builder with milk; warming
Stress and anxiety	Chamomile or peppermint; comfort in a mug
Sharing with flatmates	£3 pack of 80 Yorkshire Gold or Tetley; universal palate
Per-cup cost	4p per cup vs £2.50 cafe; budget winner
Free shipping threshold	£35; share-with-flatmates order economics

Reference noted

- EFSA Scientific Opinion on the Safety of Caffeine (2015)

The cupboard staples that touch this article: English Breakfast, Earl Grey, green tea, loose leaf tea, Darjeeling, oolong, and herbal tea. Wander the tea shop for the wider range, with free UK delivery from £35.

FROM THE CURATOR

teas · Per-cup price is the only price that matters. Loose leaf usually wins; supermarket bags sometimes do too.

More from the tea wiki

- Green tea
- Black tea
- Oolong tea
- White tea
- Herbal tea
- Caffeine in tea
- How to make tea properly
- Loose leaf vs teabag

Earn rewards on teas.co.uk

Earn loyalty points on every order. Free to join.

+100 pts

Create your free account

Welcome bonus + earn on every order.



100 pts = 1 tree

Plant a tree in Scotland

Pledge points to our reforestation partner.

