

# The Best Tea to Take Travelling

From the Teas.co.uk wiki

**Best tea to take travelling, in summary:** The best tea to take travelling: strong breakfast and sturdy herbal bags that survive bad water, what to leave at home, and why the cup tastes different.

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for The Best Tea to Take Travelling. Canonical: <https://teas.co.uk/wiki/best-tea-to-take-travelling/>*

Not all tea travels well; pick for resilience, not refinement. This sits in the tea travel cluster beside [packing teabags](#).

*Last reviewed by the teas.co.uk team in February 2026.*

## Tea to take travelling, at a glance

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Tea to take travelling, at a glance, The Best Tea to Take Travelling. Canonical: <https://teas.co.uk/wiki/best-tea-to-take-travelling/>*

Tier	Pick
Best	Strong English or Irish breakfast bags: forgiving of cool, hard water and milk friendly
Good	Sturdy herbal, peppermint, ginger, rooibos: caffeine free and water tolerant
Leave at home	Fine green, white, first flush, delicate single origin: bad travel water wastes them
Format	Decant into a zip bag for space; foil wrapped bags survive humidity best

## The principle

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The principle, The Best Tea to Take Travelling. Canonical: <https://teas.co.uk/wiki/best-tea-to-take-travelling/>*

Not all tea travels well, so pack for resilience rather than refinement. Travel is hostile to a good cup: unfamiliar water, weak heat from underpowered kettles, and rough handling in a suitcase. The trick is to take tea robust enough to survive a bad cup, and to leave the delicate leaf at home where it can be brewed properly. See [why it tastes different](#).

## Best: strong black bags

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Best: strong black bags, The Best Tea to Take Travelling. Canonical: https://teas.co.uk/wiki/best-tea-to-take-travelling/*

The workhorse is a strong English or Irish breakfast bag. A brisk, CTC-led black is forgiving of cooler and harder water, brews to something drinkable even when the kettle is weak, and is milk-friendly for whatever milk you find. It is the single most reliable thing to pack, and a box weighs almost nothing. See [packing teabags](#).

## Good: sturdy herbal

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Good: sturdy herbal, The Best Tea to Take Travelling. Canonical: https://teas.co.uk/wiki/best-tea-to-take-travelling/*

The caffeine-free backup is a sturdy herbal: peppermint, ginger or rooibos bags. They tolerate poor water well, give you something decent when the local options cannot be trusted, and cover the evening cup. They are not fragile the way a delicate green is, so they travel almost as well as breakfast black. See [herbal tea](#).

## Leave at home

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Leave at home, The Best Tea to Take Travelling. Canonical: https://teas.co.uk/wiki/best-tea-to-take-travelling/*

Leave the delicate leaf behind: fine green, white, first-flush Darjeeling and subtle single-origin teas. They depend on precise water and properly controlled, just-off-boil heat, and a hostile travel cup simply wastes them, turning an expensive tea into a flat or bitter disappointment. Save them for a kitchen where you can do them justice. See [water](#).

## Format tips

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Format tips, The Best Tea to Take Travelling. Canonical: https://teas.co.uk/wiki/best-tea-to-take-travelling/*

A couple of packing notes: decant bags out of the cardboard box into a resealable bag to save most of the space, and favour foil-wrapped bags in humid climates, since they survive damp far better than loose paper ones. See [keeping tea fresh](#).

## Why it is different abroad

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Why it is different abroad, The Best Tea to Take Travelling. Canonical: https://teas.co.uk/wiki/best-tea-to-take-travelling/*

Why does it matter so much? Because the cup genuinely is different abroad, mostly down to the water (tea is about 98% water, and hardness, chlorine and minerals vary hugely by country), the kettle (much of the world does not reach a fierce rolling boil), the blend (the same brand can be a different export formulation) and the milk (UHT shifts everything). Packing robust tea is simply the cheapest fix for a real, explainable

problem, and it is mainstream British behaviour rather than eccentricity. See [why tea tastes different abroad](#).

**Travel-proof picks:** strong breakfast bags from [Yorkshire Tea](#) or [Twinings](#), water-tolerant herbals from [Pukka](#). Browse the full [tea shop](#), and see [why tea tastes different abroad](#).

## Reference noted

- [EFSA Scientific Opinion on the Safety of Caffeine \(2015\)](#)

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**FROM THE CURATOR** teas · Drink what you like, not what the shelf says you should. Curiosity is the only reliable guide.

## Travel reading

- [Should I take teabags on holiday](#)
- [Tea in a hotel room](#)
- [The expat care package](#)
- [Herbal infusion guide](#)

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- [Black tea](#)
- [Oolong tea](#)
- [White tea](#)
- [Herbal tea](#)
- [Caffeine in tea](#)
- [How to make tea properly](#)
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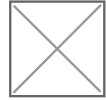
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