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.

Not all tea travels well; pick for resilience, not refinement. A neighbouring guide in the tea travel collection is packing teabags.

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

Tea to take travelling, at a glance

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

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 sturdy 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

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

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

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

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

Why does it matter so much? Because the cup really 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 sturdy 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.

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Travel reading

- Should I take teabags on holiday
- Tea in a hotel room
- The expat care package
- Herbal infusion guide

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