The Best Tea Care Package for Expats

From the teas.co.uk wiki

> **Best tea care package for expats, in summary:** The best tea care package for expats: the familiar everyday cup not novelty, strong breakfast and sturdy herbal bags that survive bad water, plus the brown-sauce-and-mustard quibble list.

If you are posting a taste of home to a British expat, tea is the headline act. Find it in the tea travel group, alongside best tea to take travelling.

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

The expat tea care package, at a glance

Layer	What to send
The core	Strong English or Irish breakfast bags they cannot easily buy abroad
The quibble list	A decent everyday brand plus one treat or favourite blend
Kit	A simple travel infuser, a teaspoon, maybe a small caddy
Packaging	Foil wrapped or zip bagged against humidity and crushing
The point	The familiar cup, not novelty, comfort is the gift

Why tea leads the box

The single thing British expats miss most is reliably a proper cup of tea. Foreign supermarkets rarely stock the right blend, and where they do it is scarce and overpriced in expat shops, so a familiar box of tea is the headline act in any taste-of-home parcel. It is also the cheapest high-impact thing you can send. See packing teabags.

The tea to send

Send the brand they actually drank at home, in a big box, plus a sturdy builder's style backup. The reason to keep it unglamorous is that the thing missed is the exact ordinary cup, not a fancy single-origin they would never reach for on a rough morning. Sturdy black and hardy caffeine free herbals also survive shipping and foreign water; delicate green, white or first flush leaf does not, so leave it out. See are English teabags better .

The quibble list

Tea is the core, but the classic British can't-get-it-abroad companions complete the box: brown sauce (HP or Daddies), a proper ketchup, English mustard, and decent chocolate. These are the small everyday tastes that foreign shelves either lack or charge a fortune for, and tea plus a couple of them is the definitive care package.

Packing for distance

Pack for the distance: foil wrapped bags sealed tight against humidity, decanted from bulky boxes to cut weight and postage, and protected from crushing. A travel infuser, a teaspoon or a small caddy turns a snack into a proper tea break and weighs almost nothing. See keeping tea fresh.

Why the familiar cup is the gift

The instinct with a care package is to send something exotic, but comfort is the actual gift. What an expat misses is the exact cup they had at home, which a strong breakfast bag in a hostile-water country cannot improvise. The science is the one this wiki keeps returning to: water is most of the cup and varies hugely by country, kettles abroad often fail to reach a proper boil, and delicate leaf does not travel, so strong black and sturdy herbals are the resilient choices that still give a recognisable cup in a strange kitchen. Send comfort, not a curiosity. See why tea tastes different abroad.

> **Build the box:** strong breakfast bags from Yorkshire Tea or Twinings, sturdy caffeine-free herbals from Pukka. Browse the full tea shop, and see best tea to take travelling.

FROM THE CURATOR

teas · Pick what you'll actually drink every day. What they will actually brew on a Tuesday matters more than what looks good in the parcel.

Travel reading

- Best tea to take travelling
- Should I take teabags on holiday
- Gifting tea
- Why tea is better in England

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.



teas.co.uk · Tunbridge Wells, Kent · hello@teas.co.uk · 3-click cancel at teas.co.uk/cancel/