

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.

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 Care Package for Expats. Canonical: <https://teas.co.uk/wiki/best-tea-care-package-for-expats/>*

If you are posting a taste of home to a British expat, tea is the headline act. This sits in the tea travel cluster beside [best tea to take travelling](#).

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

The expat tea care package, at a glance

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 Care Package for Expats. Canonical: <https://teas.co.uk/wiki/best-tea-care-package-for-expats/>*

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

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Why tea leads the box, The Best Tea Care Package for Expats. Canonical: <https://teas.co.uk/wiki/best-tea-care-package-for-expats/>*

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

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The tea to send, The Best Tea Care Package for Expats. Canonical: <https://teas.co.uk/wiki/best-tea-care-package-for-expats/>*

Send the brand they actually drank at home, in a big box, plus a robust 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. Robust black and sturdy 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

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The quibble list, The Best Tea Care Package for Expats. Canonical: <https://teas.co.uk/wiki/best-tea-care-package-for-expats/>*

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

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Packing for distance, The Best Tea Care Package for Expats. Canonical: <https://teas.co.uk/wiki/best-tea-care-package-for-expats/>*

Pack for the journey: 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 ritual and weighs almost nothing. See [keeping tea fresh](#).

Why the familiar cup is the gift

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Why the familiar cup is the gift, The Best Tea Care Package for Expats. Canonical: <https://teas.co.uk/wiki/best-tea-care-package-for-expats/>*

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 robust black and sturdy herbals are the resilient choices that still deliver 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](#).

Reference noted

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

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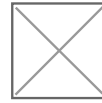
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