# How many teabags per pot?

From the teas.co.uk wiki

> **How many teabags per pot, in short:** How many teabags per pot? 1 bag per 200ml plus one for the pot, or 2g loose leaf per 200ml. Brewing times, hard water, common mistakes.

"How many teabags per pot?" has a sensible rule of thumb and a useful correction: the traditional "one per cup plus one for the pot" is a fine starting point, but the real target is the strength you want, not a fixed number, and this page gives you both so you can get it right every time.

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

## The short answer

The classic guide is roughly one teabag per cup the pot holds, and often one extra "for the pot", so a four cup pot takes about four to five bags. That is a reasonable default for everyday black tea. But treat that as a starting point, not a law: the right number depends on the size of the pot, the tea itself, how strong you like it, and whether milk goes in (milky tea wants a stronger brew, so more bags or a longer steep).

## Why it actually happens

It works as a guide because teabags are dosed for roughly one mug each, so matching bags to cups gives a sensible ratio, and the "one for the pot" tradition compensates for the larger water volume and the dilution of pouring. But ratio, the amount of leaf to water, is what actually sets strength, which is why a rule that ignores how strong you want it can only ever be approximate.

## What to actually do

Practically: start with one bag per cup plus one for the pot, brew for the correct time (three to four minutes for black), taste, and adjust the number next time, more bags for a stronger or milky brew, fewer for a lighter one. The key is that strength should come from the number of bags (the leaf quantity), not from leaving too few bags in for far too long, which just makes thin, bitter tea. Remove the bags when the time is up rather than letting the pot stew.

## Quick take

"One bag per cup plus one for the pot" is a good default, but it is a starting point for the strength you actually want, not a fixed rule. Dial the number of bags to taste, keep the steep time correct, and brew stronger

(more bags) for milky tea. Strength from bag count, time kept right.

## How many teabags per pot, at a glance

| Pot size | Teabags / loose leaf |
|---|---|
| 2-cup pot (~500ml) | 2 teabags, or 4-5g loose leaf |
| 4-cup pot (~1 litre) | 3-4 teabags, or 8-10g loose leaf |
| 6-cup pot (~1.5 litres) | 4-5 teabags, or 12-15g loose leaf |
| 8-cup pot (~2 litres) | 5-6 teabags, or 16-20g loose leaf |
| British rule of thumb | "One bag per cup plus one for the pot" gives roughly the right strength |
| For weaker tea | Use the lower end of each range, or one bag fewer than the rule of thumb suggests |
| For stronger tea | Use the higher end of each range, or one to two bags more |
| Best ratio formula | 2g of leaf per 200ml of water gives a balanced strong cup; adjust to taste |

## Reference noted

Tea brewing guidance draws on Britannica: Tea.

**FROM THE CURATOR**

*teas* · One pot made with the right number of bags beats five rushed mugs of weak tea.

## More from the tea wiki

- Should you squeeze the teabag?
- How to make tea properly
- Best water temperature for tea
- Loose leaf vs teabag
- What is the scum on my tea?
- What's in English Breakfast tea?


### 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/