ngtcp2 and nghttp3

The ngtcp2 and nghttp3 dependencies provide the core functionality for QUIC and HTTP/3.

The sources are pulled from:

- ngtcp2: https://github.com/ngtcp2/ngtcp2
- nghttp3: https://github.com/ngtcp2/nghttp3

In both the `ngtcp2` and `nghttp3` git repos, the active development occurs in the default branch (currently named `master` in each).

We only use a subset of the sources for each.

Updating

The `nghttp3` library depends on `ngtcp2`. Both should always be updated together. From `ngtcp2` we only want the contents of the `lib` and `crypto` directories; from `nghttp3` we only want the contents o the `lib`.

Updating ngtcp2

To update ngtcp2:

```
$ git clone https://github.com/ngtcp2/ngtcp2
$ cd ngtcp2
$ autoreconf -i
$ ./configure --prefix=$PWD/build --enable-lib-only
$ cp -R lib/* ../node/deps/ngtcp2/ngtcp2/lib/
$ cp -R crypto/* ../node/deps/ngtcp2/ngtcp2/crypto/
```

Updating nghttp3

To update ngtcp2:

```
$ git clone https://github.com/ngtcp2/nghttp3
$ cd nghttp3
$ autoreconf -i
$ ./configure --prefix=$PWD/build --enable-lib-only
$ cp -R lib/* ../node/deps/ngtcp2/nghttp3/lib/
```