You will need a breadboard, a light strip, and some buttons.
Breadboard is optional but will help not make the wiring messy.

Connect the 5V from the arduino to the red section
And the GND to the blue section of the breadboard
And then add the buttons. The 5v wires will be aligned with the red row
And the gnd wire will be aligned with the blue row
The signal wires should be connected to digital pins 2,3, and 4(Can be changed just change the code).
And the light strip should be connected to pin 6 for signal. I used a R3 but the schematic shows a regular UNO.