A CSS Reset also known as “Reset CSS”, is a short, often compressed (minified) set of CSS rules that resets the styling of all HTML elements to a consistent baseline.

<https://cssreset.com/scripts/eric-meyer-reset-css/>

I would use the Eric Meyer reset since it is generic and has been around for a long time.

<https://www.sitepoint.com/css-resets-useful-or-useless/>

Default CSS can affect your website look (from default settings that a browser may impose on your website. The sitepoint article weighs whether CSS Reset is worth doing. This article argues that the reset weighs the document down with 2kB worth of code. Also, the author is often satisfied with the browsers’ css, and only changes it when necessary. The author also believes that it gives a false sense of the actual rendering consistency.

<https://meiert.com/en/blog/reset-style-sheets-are-bad/>

Meiert.com blogs believes think that CSS Resets add load time. Another problem has to do with the negative effects on keyboard navigation (alters outline properties) that resets incur. This author recommends using {margin: 0; padding: 0;} as a nominal reset instead of a CSS Reset.