Drawing maps in p5.js from scratch

Download a shape file from http://www.naturalearthdata.com

Use http://www.mapshaper.org to load the shape file and the .dbf (the .shp shape files only have latitude-longitude coordinates of the paths, and .dbf files provide additional information such as the the countries' names). You can simplify paths by using mapshaper's built-in algorithms. Export the data as a GeoJSON.

Study the JSON's structure by using a JSON viewer (e.g. http://jsonviewer.stack.hu).

Load the JSON in your application by using p5.js' own loadJSON (http://p5js.org/reference/#/p5/loadJSON).

See example.