**WebCam:**
Most laptops and mobile devices have a built-in webcam. These will generally work just fine for capturing video and audio of you. If needing an external webcam, most any generally available webcam should work. Here are some OIT has used:
https://www.amazon.com/Logitech-Laptop-Webcam-Design-360-Degree/dp/B004YW7WCY
https://www.amazon.com/Logitech-960-000694-Widescreen-designed-Recording/dp/B004FHO5Y6

But note, if you have a newer laptop with USB-C only ports, you may need an adapter like this one:
https://www.amazon.com/dp/B07BS8SRWH/ref=psdc_3015402011_t1_B06XZX464L

**Adjustable WebCam Mount:**
This can be useful to capture handwriting with an external webcam:
https://www.amazon.com/dp/B07JKBTTM2/ref=cm_sw_em_r_mt_dp_U_w3RyEbCS85S3B

(See other handwriting capturing options https://docs.google.com/document/d/1yxTOoYL2KKSK9zvMlypKZG-Gosc4KdkM0l4qvDQaFhs)

**USB Document Camera:**
While a bit more expensive, this is a great tool for capturing handwriting, and it also leaves the webcam free to still capture you as you are instructing.
https://www.amazon.com/IPEVO-Definition-Document-Camera-5-880-4-01-00/dp/B079DLTG9F

But note, if you have a newer laptop with USB-C only ports, you may need an adapter like this one:
https://www.amazon.com/dp/B07BS8SRWH/ref=psdc_3015402011_t1_B06XZX464L

(See other handwriting capturing options https://docs.google.com/document/d/1yxTOoYL2KKSK9zvMlypKZG-Gosc4KdkM0l4qvDQaFhs)

**Headset:**
Most webcams will do a great job of picking up audio and laptop speakers will allow you to hear your class. However, if you are in a noisy environment or just want to reduce distractions, you could use an external headset such as this one:

But note, if you have a newer laptop with USB-C only ports, you may need an adapter like this one:
https://www.amazon.com/dp/B07BS8SRWH/ref=psdc_3015402011_t1_B06XZX464L
Microphone:
If you are looking for better sound quality, but don’t want to wear a headset, one of these microphones should well:
https://www.amazon.com/Blue-Snowball-Condenser-Microphone-Cardioid/dp/B014PYGTUQ
https://www.amazon.com/Blue-Yeti-USB-Microphone-Blackout/dp/B00N1YPXW2

But note, if you have a newer laptop with USB-C only ports, you may need an adapter like this one:
https://www.amazon.com/dp/B07BS8SRWH/ref=psdc_3015402011_t1_B06XZX464I