Most trips, year-round:

group-mindedness, 250-500 mL per hour water, lunch, snacks, extra snacks, 3-4 layers including tops and bottoms that are wind/waterproof (no denim/jeans), warm socks, toque, gloves/mitts, sunscreen, spare socks, sturdy footwear, a plastic bag for muddy boots, cash, toilet paper and a zip lock bag to carry it out, patience, a sense of humour, medium sized daypack preferably with padded hip strap to carry all that stuff

No bear bells.

Optional/suggested equipment, depending on trip and terrain and conditions and season and preference:

Trekking poles; road map; trail map; compass; gaiters; flashlight/head lamp; spare batteries; power bank; whistle; bear spray (NO bear bells); a sealed container to put bear spray in the car; waterproof pouches for key fobs, wallet, electronics; gear leashes to prevent drops/loss; pocket/ survival knife, multi-tool, survival saw; first aid kit; any special medication, inhaler, epipen; fire-making material, tarp/bivi, spikes/ice grips, sunglasses, spare prescription glasses, camera/battery, GPS, downloaded map data, InReach, stored contact numbers, two-way radios, kleenex, cough drops, lip balm, moleskin; poop bag and cathole trowel; sandals for creek crossing, small towel, garbage containers, mosquito repellent, insect head net, spare mitts, ski goggles, scrambling gloves, snow shovel, avi gear, ice axe, helmet, waterproof sit-upon (a jacket in a not-too-slippery waterproof bag works), water purifier, a change of clothes/shoes for the car, hot/cold drink, emergency blanket, electrolytes, hand/toe warmers, pack cover, pen and paper, ziplock for garbage, etc

Cotton clothing removes heat from the skin and jeans can be very cold and heavy if wet, and take a long time to dry. So cotton clothing is to be avoided, especially jeans, and especially next to the skin. Clothing can get wet from falling rain or snow (or rain or snow or ice on the ground); spills; slips and falls into creeks, waterfalls, or lakes; or breaking through ice… or…

I have needed just about every item on the list on a day trip, and hope not to need those I haven't.

There are other lists here:
https://www.rei.com/learn/expert-advice/day-hiking-checklist.html