Path to Settings.json & Keybindings.json files:

Paths:

Windows: %APPDATA%\Code\User\settings.json.

macOS: $HOME/Library/Application Support/Code/User/settings.json.

Linux: $HOME/.config/Code/User/settings.json.

Source: https://code.visualstudio.com/docs/getstarted/settings#\_settings-file-locations.

Command for Extension List:

Command: code --list-extensions.

Command to save in file: code --list-extensions > extension's.txt

Source: https://code.visualstudio.com/docs/editor/command-line.